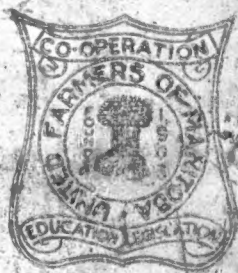


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P31

# •Recipes•

CONTRIBUTED BY THE MEMBERS  
OF THE  
UNITED FARM WOMEN  
OF MANITOBA



Compiled by the Executive

—1929—



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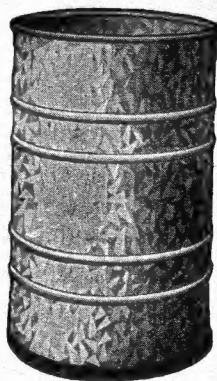
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WINNIPEG, MAN.

October 14, 1929.

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The "United Farmers of Manitoba" is essentially a social and community organization, and its activities have the freedom and elasticity that characterize such bodies. The constitution formulated is intended to guide and stimulate its helpful service, not to impede or restrict. It stands unswervingly by the principle of seeking the common good.

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First of all we wish to thank the advertisers for their generous support and co-operation. And we ask our Members to show their appreciation by patronizing the advertisers appearing herein.

Secondly, we wish to thank the Ladies who donated the recipes for the different sections of our Cook Book, and we trust that the users will greatly enjoy the practical and tested recipes contained herein.

Considerable time and care has been given to the compilation of this book, and those responsible for its distribution throughout the Province have tried to co-operate in every way possible to make it a success.

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## BREAD RECIPES



"This week my husband has been heavy, sour and sad!  
Kinsman to grim and comfortless despair,  
And now I find the cause therefor—the bread was bad."



### WHITE BREAD

Soak 1 yeast cake until soft in  $1\frac{1}{2}$  cups warm water, then make a stiff batter with flour, adding 2 level tbsp. white sugar. Put away in a warm place to raise from 3 to 4 hours. Add it to 1 quart warm potato water, 3 tsp. salt, 2 tbsp. melted shortening and enough flour to make it stiff dough. Let stand over night. Mix down first thing in the morning and let raise again 1 hour. Then mix again lightly and place in well buttered pans and put in warm place 1 hour, then bake 1 hour. This is what we call 3 hour bread. Small quantities of this dough rolled in melted butter and baked, make lovely individual loaves for lunch. For children it is recommended to use half quantity of water and balance in scalded milk, let cool to lukewarm before using.

---

### WHITE BREAD

Soak one Royal Yeast cake until soft in one and one half cups warm water, then make a stiff batter with flour adding two level table spoons white sugar. Put away in a warm place to rise from three to four hours then add to it one quart of warm Potato water, three tea spoons of salt and three table spoons of melted shortening and enough flour to make it a stiff dough. Let stand overnight in a warm place.

Mix down first thing in the morning, and let rise again one hour then mix again lightly and shape into loaves, place in buttered pans and let rise one hour, then bake for one hour.

Small quantities of this dough rolled in melted butter and baked makes nice little individual loaves for lunch, for children. I use half or whole quantity of liquid of scalded milk, but it must cool to luke warm before using.

Mrs. R. M. Scott, Thornhill Man.

### SUGAR YEAST

To start sugar yeast take any ordinary bread sponge, put 6 tsp. of sugar and 7 tbsp. sponge in a crock. Put this away for a starter. The evening before baking add 3 cups water and flour to make a stiff batter. Let this stand till next morning, then put 6 tsp. sugar and 7 tbsp. sponge away for next time. To the remainder, add 2 tsp. sugar and 1 tsp. of salt and 1 tbsp. lard, with enough flour to make a stiff dough. Set in a warm place to rise. When light mold into loaves. Let rise again and bake. This makes 2 nice sized loaves.

Mrs. R. W. Lumgair, Thornhill U.F.W.M.

### NUT BREAD

1 cup brown sugar	2 cups flour
1 cup butter	2 eggs
1 tsp. soda, dissolved in hot water	1/2 cup hot water
1 cup chopped walnuts	1 cup dates
	Vanilla flavoring

Bake in baking tin in a moderate oven. This makes about three tins.

Mrs. W. J. Major, 155 Helmsdale Ave.,  
East Kildonan.

### QUICK BRAN NUT BREAD

1 tbsp. Crisco	1 egg
1 3/4 cups sweet milk	1/2 tsp. salt
1/2 cup chopped walnut meats	3/4 cup molasses
1 tsp. baking soda	1/2 cup boiling water
3 cups flour	2 cups bran

Mix together the flour, bran and salt. Add the Crisco to the molasses and mix thoroughly. Then add the egg well beaten, then the milk and chopped nuts. Dissolve the soda in boiling water and add to this mixture. Then add the flour and bran. Bake for 1 1/2 to 2 hours in a moderate oven. Makes one loaf.



### NUT BREAD

4 cups flour	4 tsp. baking powder
1 tsp. salt	1 cup granulated sugar
1/4 cup chopped walnuts	

Mix dry ingredients, add 1 1/2 cups sweet milk and 1 egg, beaten light. Put to rise on back of range for 20 minutes. Bake in moderate oven for 50 minutes.

Mrs. G. V. Armishaw, Hood Settlement, Man.

### DATE BREAD

1 cup dates	1 tsp. soda
1 cup boiling water. (Pour over dates and soda and allow to stand until cool.)	
1 cup white sugar (small)	1/2 cup walnuts
1 egg	1 1/2 cups flour

Pinch of salt  
(1/2 a cup of graham flour if preferred.)

### DATE LOAF

1 dessertspoon butter	2 eggs
1/2 cup chopped nuts	1 tsp. soda (heaping)
1/2 cup boiling water	2 cups flour
1 cup brown sugar	Stir above mixture well.

Take 1 lb. dates, add 1 1/2 cups boiling water and boil 5 minutes. Add this to above batter and stir well.

Mrs. Armstrong.



Breathe there a man with soul so dead,  
 Who loves not home made, new baked bread.  
 We may live without poetry, music and art,  
 We may live without conscience and live without heart,  
 We may live without love, we may live without books,  
 But sensible men, cannot live without cooks.

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## BUN RECIPES



### PARKER HOUSE ROLLS

Soak 2 Fleischman's yeast cakes in 1 cup of luke warm water for 5 minutes, make batter and add 2 tbsps. sugar, and let stand in a warm place for  $\frac{3}{4}$  hour. Scald 1 qt. milk and add 2 heaping tbsps. of shortening, when luke warm add 3 tsp. level of salt, and yeast, and mix into a stiff dough, let stand for  $1\frac{1}{2}$  hours, or until it is very light, roll out like biscuits quite thin and spread with melted butter. Cut with cake cutter and turn over letting the top half go down over the bottom half, let stand 1 hour in pans before baking.

This recipe is used for bread as well as rolls.

Mrs. R. M. Scott.

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### BUNS

Two cups sweet milk (scald and cool). Add  $\frac{1}{2}$  a yeast cake, (softened) and flour to make a soft sponge. To this sponge add 1 egg, (well beaten)  $\frac{1}{2}$  cup white sugar and butter the size of an egg (melted) a little salt and raisins, stiffen with flour. Let rise all night. In the morning put in the pans and bake.

Miss Effie Sweet, Thornhill, U.F.W.M.

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### BUNS

Scald 1 pint of milk and cool. Thicken with flour and add  $\frac{1}{2}$  a yeast cake, dissolved in a little warm water. Let stand over night to rise. In the morning add 2 eggs, 1 cup sugar and  $\frac{1}{2}$  cup butter. Knead well and stand again to rise. When well risen mould in shape of buns. Let rise again and bake in a good warm oven.

Mrs. R. W. Lumgair, Thornhill U.F.W.M.

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### ORANGE BUNS

Two small cups flour,  $2\frac{1}{2}$  dessertspoons butter,  $\frac{1}{2}$  cup white sugar, 2 tsp. baking powder, 1 egg,  $\frac{1}{2}$  cup sweet milk, grated rind of  $\frac{1}{2}$  orange. Cream butter, sugar and egg together for five minutes. Add milk, flour and grated rind. Drop from spoon on greased pan, place a section of orange on top of each bun; dust with sugar, bake in quick oven.

Miss Effie Sweet, Thornhill, Man.

### BUNS

Soak one yeast cake. Shred one good sized potato. Cook in boiling water 10 minutes and cool. Beat in yeast cake, let stand 1 or 2 days in a cool place. Scald 2 cups milk or cream, let cool.  $\frac{1}{4}$  lb. butter, 2 cups raisins, 2 cups sugar, 3 eggs, 2 tbsps. salt,  $\frac{1}{4}$  tsp. nutmeg.

Stir yeast over slow fire until just warm (with hand in bottom of pot as it must be only warm or you will kill the yeast.) Mix in other ingredients with flour to make a fairly stiff dough. Let rise 3 hours or less according to temperature. Mix down, rise 1 hour, make into buns, rise 1 hour, bake  $\frac{1}{2}$  an hour. Brush with sweetened milk.

Miss Effie Sweet, Thornhill.

### BAKERS BUNS

One yeast cake. 3 tsp. sugar. 1 tsp. salt,  $2\frac{1}{2}$  cups scalded milk (cooled). Enough flour to make a thin batter. Let rise then take 1 cup melted butter, 1 cup sugar, 4 eggs, flour to stiffen, mix stiff at night put in pans in the morning.

Miss Effie Sweet, Thornhill.

### PARKER HOUSE ROLLS

1 pt. sweet milk (warmed)		$\frac{1}{2}$ cup white sugar
$\frac{1}{2}$ cup butter		1 soaked yeast cake

Flour to make a thick batter.

Let rise over night, keep warm, in the morning mix not too stiff. Let rise twice. Butter over top each time. Roll out and butter, cut out with round can, butter, turn one half over the other, butter top, sprinkle with white sugar, let rise very light, bake in rather quick oven, take out of pans.

Mrs. S. White



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### COLD WATER BUNS

At noon, soak one yeast cake in a cup of cold water, until soft. Add one cup flour, let stand till next morning. Add 2 cups cold water,  $\frac{3}{4}$  cup shortening; 1 cup sugar; 1 tsp. salt; mix stiff with flour as you would any kind of buns. Cover and set away to rise till evening. Put in pans before going to bed, then bake with the breakfast fire.

Two eggs added when mixing in the morning is a decided improvement, but not necessary.

Mrs. R. Whiteside.

### JAM BUNS

1 tsp. vanilla	$\frac{1}{2}$ cup milk
1 egg	Pinch of salt
$\frac{1}{2}$ -cup butter	2 tbsp. sugar
2 tsp. baking powder	2 cups flour

Beat egg and add milk, vanilla, etc. Roll out real thin. Put jam in between and pinch corners. Bake in tart tins.

Mrs. C. W. Finnen.

To 1 quart flour use  $2\frac{1}{2}$  tsp. baking powder.

To 1 quart flour use 1 tsp. baking soda and 2 tsp. cream of tartar.

To 1 quart flour use 1 cup of sour milk, 1 tsp. baking soda.

Some oranges are highly recommended for rheumatism.

Just five years old was Baby Nan,

When she fell in love with a Gingerbread man,

And she said, as she placed him beside her cup,

"I love you so much I could eat you up."

A tin can of washing soda should be kept on hand to clean pots and pans and sweeten the sink. The dish cloth should be boiled in soda water frequently. Ammonia can be used for the same purpose, but it is more expensive.



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# BISCUIT & MUFFIN RECIPES



## BAKING POWDER BISCUITS

Two cups flour, .3 tsp. baking powder, pinch of salt. Sift three times, add 1 tbsp. of lard and 1 tbsp. butter. Work shortening into flour, add enough milk to make a soft dough, roll out to a thickness of one inch, cut with a biscuit cutter. Bake in a quick oven.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

## SHORTBREAD

4 cups flour		1 cup icing sugar
2 cups butter		2 tbsp. hot water

Pour hot water on butter, mix thoroughly with other ingredients and bake in moderate oven for 20 minutes.

## SHORTBREAD

$\frac{3}{4}$ cups butter		2 cups flour
$\frac{3}{4}$ cup brown sugar		Pinch of soda

Work together and roll out  $\frac{3}{4}$  of an inch thick.

Mrs. Burrell, Grand Narrows.

## CHEESE BISCUITS

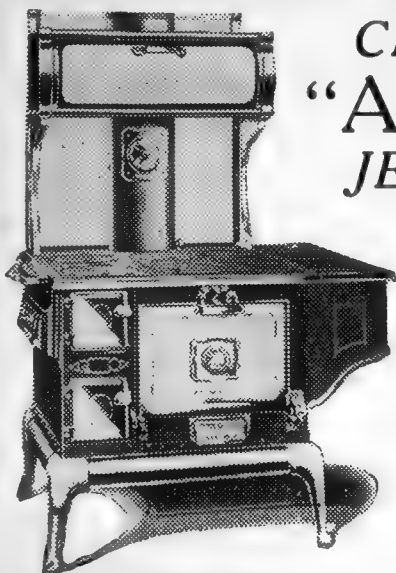
2 cups flour		2 tsp. baking powder
1 tbsp. butter		$\frac{1}{4}$ lb. grated cheese
1 cup milk		

Make biscuit dough, then roll out quite thin, spread over that the cheese and roll up like a jelly roll. Cut off biscuits and place in oven to bake.

Mrs. J. S. Wood, Oakville, Man.

## COCOANUT BISCUITS

Half pound desiccated cocoanut, 1 lb. sugar, 1 teacup flour and whites of 2 eggs. Mix well and drop in spoonfuls on a greased paper placed on a baking tin. Bake in a moderate oven about 20 minutes.



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### CHEESE STRAWS

1 cup grated cheese	1 cup flour
$\frac{1}{2}$ tsp. salt	2 tbsp. butter
Pinch cayenne pepper	

Mix thoroughly the cheese, flour, salt, pepper and butter; Add enough cold water so that the paste can be rolled out thin. Cut in strips, seven inches long and half inch wide, put in tins and bake in a quick oven for ten minutes.

WINGHAM, U.F.W.M.

### DATE MUFFINS

$\frac{1}{3}$ cup butter	1 egg
2 cups flour	2 tsp. baking powder
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ lb. dates	

Cream butter, add beaten egg, then flour in which baking powder and salt has been sifted. Stir in dates, cut in small pieces.

Bake about 25 minutes in hot oven. For sweet muffins sift cup of sugar with dry ingredients.

Mrs. Dave Dillabough, Provencher, Dist.

### DOUGHNUTS

1 cup buttermilk	$\frac{1}{2}$ tsp. soda
3 tbsp. thick sour cream	Pinch of salt
$\frac{2}{3}$ cup sugar (scant)	1 tsp. baking powder

Make dough very soft. Fry in hot fat.

H. M. Breckon, Provencher Dist.

### CREAM BISCUITS

1 cup sweet milk	1 cup cream
3 level tsp. baking powder	$\frac{1}{4}$ cup sugar
4 cups flour	1 small tsp. salt

Mrs. C. W. Finnen.

### GRAHAM GEMS

1 cup sour milk	Butter or lard size of egg
1 cup brown sugar	1 egg
1 tsp. soda	

Graham flour to make a light sponge cake.

Drop in gem tins and bake in a quick oven.

Mrs. J. M. Allan, Brandon, Man.



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## RAISIN TEA ROLL

Make a regular biscuit dough. Roll a little thinner than for biscuits, into a oblong shape on a floured board. Spread with butter, sprinkle with brown sugar, then a layer of raisins. Roll up, and cut in rings about half an inch thick. Bake in a quick oven and serve hot.

Mrs. Dave Dillabough, Provencher, Dist.

## DOUGHNUTS

2 cups sugar	2 eggs
Butter size of walnut	1 cup water
4 cups flour	3 tsp. baking powder
1/2 tsp. nutmeg	1/2 tsp. salt

Fry in hot fat.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

## DOUGHNUTS

2 cups granulated sugar	2 eggs
Pinch of salt	1/2 cup sour cream
2 cups buttermilk	2 tsp. soda
1 tsp. vanilla	Flour to roll

Fry in hot fat

Mrs. J. W. Storms, Provencher Dist.

## VANILLA WAFERS

1/2 cup butter and lard (equal portions)	2 tsp. vanilla
1 egg	1 cup sugar
1/2 cups flour	1/4 cup milk
1/2 cup Benson's corn starch	1/2 tsp. salt
	2 tsp. B. powder

Mrs. F. Basso, Grand Narrows.

## QUICK SHORTBREAD

Four cups flour, 1 cup icing sugar, 2 cups butter, 2 tbsp. of hot water poured on butter. Mix thoroughly together and bake in moderate oven for 20 minutes.

## COOKIE RECIPES

..\*~\*~\*..

"Oh weary mothers, making dough,  
Don't you wish that food would grow?  
Your lips would smile, I know, to see  
A cookie bush or doughnut tree."

..\*~\*~\*..

### NUT COOKIES

1 cup butter (creamed with 2 cups brown sugar)		3 1/2 cups flour
1 tsp. soda		2 eggs (well beaten)
		1 cup walnuts

Sift flour and soda together 3 times. Roll and leave overnight to cool and in the morning cut off, roll and bake.

Mrs. Geo. Elliott, Neepawa, Man.

### MINNIE'S COOKIES

1 cup butter		1 cup sugar
2 eggs		1/2 cup sweet cream
1 1/2 tsp. baking powder		Graham and White flour

Mrs. Ralph Brinkworth, Roche Percee, Sask.

### ROCKS

1 cup butter		2 cups brown sugar
1 tsp. baking soda		1/3 cup hot water
3 eggs		1 1/2 cups raisins or currants
1 1/2 cups rolled walnuts		3 cups flour
1 tsp. cinnamon		

Drop on a greased pan and bake in a quick oven.

Mrs. Dave Dillabough, Provencher, Dist.

### BACHELOR BUTTONS

Cream together		3/4 cup brown sugar
1/2 cup butter		1/2 tsp. vanilla
1 egg, (well beaten)		1/2 tsp. cream of tartar
1/2 tsp soda		

Sift with enough flour to mix soft and roll out.

Put jelly between.

Mrs. J. Drysdale, Neepawa.

**SOFT GINGER COOKIES**

1 cup sugar  
1 cup Domoles molasses  
2 tsp. ginger  
1½ cups shortening

1 cup boiling water  
4 tsp. soda, dissolved in warm water.

A little nutmeg.

Mix stiff and take a piece the size of a walnut, flatten out in hand and bake in a greased pan.

Mrs. Jeo. Breckon, Provencher Dist.

**COOKIES**

1 cup butter  
2 eggs  
2 tsp. soda

2 cup sugar  
1 cup sour cream

Flour sufficient to roll out.

Mrs. Dave Dillabough, Provencher, Dist.

**COCOANUT MACAROONS**

3 egg whites  
1 tbsp. cornstarch

1 cup fruit sugar  
1½ cups shredded cocoanut

Beat egg whites very stiff, gradually beat in sugar and cornstarch. Cook over boiling water for ten minutes or until mixture becomes crusty around the edge. Remove from the heat, fold in cocoanut and drop by teaspoonfuls on a buttered baking sheet or pan. Bake in a very slow oven until set.

Ruth McClelland, Letellier.

**DATE COOKIES**

1 cup brown sugar  
¼ cup boiling water  
2 cups oatmeal  
1 cup shortening, ½ lard,

½ butter.  
1 tsp. soda, dissolved in water  
1 cup flour

**FILLING:**

One pound of dates boiled in water. Cut cookies with cookie cutter and put dates on ½ of each cookie. Fold over the other half.

M. McDougall, Provencher Dist.

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## GINGER SNAPS

1 1/2 cups of white sugar	1/2 cup lard
1/2 cup butter	3/4 cup molasses
1/3 cups water	2 eggs
1 1/2 tsp. baking soda	1 tsp. ginger
1/4 tsp. black pepper	Flour to stiffen.

Roll thin, and bake in a moderate oven.

Mrs. F. Shields, Provencher Dist.

## DROP CAKES

1 cup white sugar	1 cup butter
2 eggs	1 tsp. baking soda
1 tbsp. sour milk	2/3 cup walnuts
1 cup raisins or cocoanut	3 cups flour

Drop from spoon into pan and bake quickly.

Mrs. F. Shields, Provencher Dist.

## COCOANUT GEMS

3 eggs 1 cup sugar

Boil in double boiler for 15 minutes. When cool add 2 cups cocoanut; 1 tbsp. cornstarch; stir. Drop on buttered paper and bake.

Mrs. J. S. Forrester, Provencher Dist.

## DATE DROPS

1/3 cup of butter	1/2 cup milk
2 yolks of eggs	2 cups chopped fruit (dates, raisins, nuts cherries.)
1 tsp. cinnamon	1/3 cup hot water
1/2 tsp. soda	2 1/2 cups flour
2 tsp. baking powder	
1 cup brown sugar	

Mrs. T. W. McClelland, Vice-President U.F.W.M.

## HERMITS

1 cup butter	2 cups brown sugar
3 eggs	1 cup milk
1 cup chopped raisins	1½ tsp. cinnamon
1 tsp. cloves	1 tsp. mace
1 tsp. nutmeg	6 tsp. baking powder
Flour to stiffen.	

Roll to ¼ of an inch thick. Cut and bake in a moderate oven.

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## BATCHELOR BUTTONS

2 cups flour	¼ tsp. salt
2 tsp. Magic baking powder; Sift these together.	
Work in ¾ cup of butter	2 tbsp. sugar
1 well beaten egg	⅓ cup milk
Vanilla	

Mix thoroughly, roll thin, cut in 3 inch squares. Put ½ tsp. jam in centres, pinch opposite corners together. Bake in muffin tins.

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## OATMEAL COOKIES

2 cups oatmeal	2 cups flour
1 cup shortening (worked in)	1 cup brown sugar
½ cup sour milk	1 tsp. soda

Divide in two parts. Roll one part thin, roll up and lift onto cookie sheet, spread with date filling and cover with other part.

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## DATE FILLING: (for above)

1 lb. dates, (pitted)	½ cup water
1 cup brown sugar	Cooked until thick.

## GINGER JAM-JAMS

1 cup sugar	1 cup syrup
1 cup shortening	½ cup hot water
1 tsp. soda	1 tsp. ginger
¼ tsp. salt	1 tsp. vanilla
Flour to stiffen.	

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## HERMITS

1 $\frac{1}{4}$ cups brown sugar	1 in buttermilk
1 cup butter	$\frac{3}{4}$ cup butter milk
2 eggs	1 cup raisins
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ tsp. cinnamon
1 tsp. soda dissolved	$\frac{1}{2}$ tsp. allspice

Flour enough to make a good dough.

Miss Gladys Burrell, Grand Narrows.

## LEMON COOKIES

1 $\frac{1}{2}$ cups sugar	5c worth oil of lemon
1 cup lard, dissolved in 1 pint sweet milk.	5c worth of ammonia
	Flour to make stiff.

Mrs H. Wilson, Grand Narrows.

## SUGAR COOKIES

1 cup sugar	1 cup butter
1 egg	Lemon or vanilla

Flour to roll out.

Mrs. A. C. McKnight, Grand Narrows.

## GINGER COOKIES

3 eggs	1 cup molasses
2 cups brown sugar	4 tsp. baking soda
1 tsp. cream of tartar	1 tbsp. ginger
Spices to taste.	

Mix in the evening stiff enough to stir nicely with spoon. Then add more flour in the morning. Make stiff enough to roll out thin, cut and bake in a moderate oven.

Mrs. H. Wilson, Grand Narrows.

## NUT DROP CAKES

$\frac{1}{2}$ cup of butter	1 cup brown sugar
2 eggs	1 cup chopped raisins
1 cup walnuts (chopped)	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ tsp. baking soda	

Flavor with cassia, nutmeg and cloves.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

# Make Good Use of the Department of Agriculture



It is impossible in the space on this page to review all the activities of the Manitoba Department of Agriculture; but it is possible to say in a general way that the Department's interest in helping the Public is not limited to the lines of work which the Department specifically undertakes to administer. Many enquiries are received each day regarding matters that lie outside the regular program of this Department's activities; but it is always a pleasure to direct a correspondent to the correct party, or to serve the public in any matter that in any respect may be related to Agriculture or Home Economics.

**A. PREFONTAINE,**

Minister of Agriculture and Immigration.

## OVERNIGHT or ICEBOX COOKIES

1 cup white sugar	1 tsp. soda
1 cup brown sugar	1 cup shortening or butter
3 eggs	2 tps. cinnamon
1 cup nuts or raisins	4 or 5 cups of flour

Mix well, shape into a roll. Set aside overnight. In the morning cut in thin slices and bake in a hot oven.

Jennie Thomson, Portage la Prairie.

## RAGGED ROBINS

Whites of 2 eggs beaten stiff.	1 tsp. vanilla
1/2 cup white sugar.	1/2 lb. dates
1 cup walnuts	A pinch of salt
1/2 cup corn flakes	

Drop from a spoon on buttered pans and bake in a fairly hot oven.

Mrs. M. H. James, Oakland, Man.

## NUT SMACKS

FIRST MIXTURE:	Pinch of salt
1/8 cup butter	1 tsp. vanilla
1/8 cup brown sugar	1 1/4 cups flour
2 egg yolks	1 tsp. baking powder

Cream the butter and sugar, add the well beaten egg yolks and vanilla and beat well. Sift the flour (measuring after it has been sifted) and add the baking powder and salt. Add this to the butter mixture very gradually. This is almost like a cookie dough. Spread in a square tin about 7 in x 7 in.

SECOND MIXTURE:	1 cup brown sugar
2 egg whites	1 cup broken walnuts

Beat the egg whites until stiff and fold in the sugar and walnuts, spreading over first mixture in the pan. Bake 20 minutes in a moderate oven. Mark in small squares while hot.

Georgina Yuill, Portage la Prairie.



## BOSTON COOKIES

1 cup melted butter	2 cups flour
1 1/2 cups of raisins	

1 small tsp. soda dissolved in 1/2 cup hot water.

1 nutmeg	3 eggs
2 cups brown sugar	2 tsp. corn starch

Drop from spoon. Bake in moderate oven.

Mrs. C. R. Forrester, Provencher, Dist.

## DROP CAKES

3/4 cup sugar	2 tbsp. butter
1/2 cup milk	2 eggs, beaten separate
1 1/4 cups flour	1 tsp. baking powder

Mix well, then turn into well buttered gem tins, and bake 20 to 30 minutes.

Mrs. A. Sangster, Grand Narrows.

## CORN FLAKE DROP CAKES

Whites of 2 eggs, (beaten stiff)

1/2 cup white sugar, (beaten into egg whites)

1 cup chopped walnuts	Vanilla
1 cup chopped dates	

Fold in 2 cups corn flakes.

Bake in rather slow oven. Leave in pan (well greased) until cool.

M. A. Forrester, Provencher, Dist.

## NUT WAFER COOKIES

1 cup brown sugar	1 cup white sugar
1 1/2 cups butter	1 tsp. salt
5 cups flour	3 eggs
2 tsp. soda	1 tsp. cinnamon
1 cup chopped nuts	

Cream butter and sugar. Add eggs. Add nuts; then dry ingredients. Shape into roll and put in buttered pan in ice-box overnight. When ready to bake, slice and bake in a hot oven.

Mrs. James W. Breckon, Provencher, Dist.

## CRISP OATMEAL COOKIES

3 cups oatmeal	2 cups flour
1 cup white sugar	1 cup shortening
1 tsp. cinnamon	

Rub well together and add:  $\frac{1}{2}$  cup sour milk; 1 tsp. soda; 1 egg, vanilla. Bake and fill with thick raspberry jam or date filling.

Mrs. Ross Clubb, Morris, Man.

## NUT SMACKS

## CAKE PART:

$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ tsp. baking powder	$1\frac{1}{2}$ cups flour
2 egg yolks	Vanilla

Spread on pan with a knife. If too stiff add a little cream or milk.

## FILLING:

3 egg whites (beaten stiff)	$1\frac{1}{2}$ cups brown sugar
1 cup chopped nuts	

Spread on top of cake and bake in a moderate oven, very carefully. While still warm, cut into neat squares.

Mrs. Ross Clubb, Morris, Man.

## COCOANUT KISSES

2 eggs whites, (beaten stiff)	1 cup sugar, beaten in egg whites
$1\frac{1}{2}$ cups cocoanut	
$\frac{1}{2}$ tsp. vanilla	$1\frac{1}{2}$ tsp. corn starch

Set in double boiler. Add cornstarch, stir briskly until crust forms around edge. Take out and add cocoanut and vanilla. Drop with teaspoon on buttered tins and bake about 15 minutes.

## DROP CAKES

1 cup white sugar	1 egg
4 tbsp. sweet milk	2 cups flour
2 tsp. baking powder	$\frac{3}{4}$ cup of raisins (added last)

Drop with a spoon on buttered pans and bake until browned lightly, a sprinkle of sugar on top before putting in the oven improves the looks.

## EXCELLENT DOUGHNUTS

2 tablespoonfuls Domestic Shortening.

$\frac{3}{4}$  cup sugar.

4 Teaspoons Baking Powder.

2 eggs.

1 cup sour cream.

$\frac{1}{2}$  teaspoon salt.

3 cups flour.

Cream the Domestic Shortening. Add sugar slowly and cream thoroughly. Beat eggs until light, add to first mixture and beat hard. mix and sift flour, salt and baking powder and add alternately with the cream to the first mixture. Roll out on lightly floured board to  $\frac{1}{4}$  inch thickness. Cut with doughnut cutter and fry in deep hot Domestic Shortening. The fat is hot enough if it browns a cube of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.



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COOKIES

1 heaping cup sugar  
 $\frac{2}{3}$  cup lard or crisco  
 $\frac{1}{2}$  tsp. baking powder  
 Flour to roll.

2 eggs  
 4 tsp. sweet milk  
 $\frac{1}{2}$  tsp. salt

Mrs. Fred Hamilton, Winnipeg, Man.

SHORTBREAD COOKIES

$1\frac{1}{2}$  cups brown sugar  
 1 egg  
 2 tps. baking powder

1 cup butter  
 Pinch of salt  
 3 cups flour

Mrs. J. L. Brown, Pilot Mound, Man.

COOKIES

$\frac{1}{2}$  cup butter  
 1 egg (white)  
 $\frac{3}{4}$  cup milk  
 2 tsp. essence of lemon

$\frac{1}{2}$  cup lard, (generous)  
 $1\frac{1}{2}$  cups sugar  
 2 tsp. baking powder  
 Mix with flour till stiff.

Mrs. Hilda M. Tovell, Winnipeg, Man.

OATMEAL DROPS

$1\frac{3}{4}$  cups oatmeal  
 $\frac{3}{4}$  cup raisins  
 2 tsp. baking powder  
 1 cup sugar

$1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup sour milk  
 $\frac{1}{2}$  cup shortening  
 Flour and salt.

Drop from spoon on greased pan.

Mrs. Carmichael, Sault Ste. Marie, Ont.

DATE COOKIES

$1\frac{1}{2}$  cups brown sugar  
 2 eggs  
 $\frac{1}{4}$  cup warm water  
 Flour to roll.

$1\frac{1}{2}$  cups butter  
 $\frac{1}{4}$  tsp. vanilla  
 $\frac{1}{4}$  tsp. soda

Mrs. Carmichael, Sault Ste. Marie, Ont.

## BROWNIES

2 eggs	2 tbsp. cocoa
1 cup sugar (icing or white)	1 tsp. vanilla
1 cup nut meats	1/2 cup flour
1/2 cup butter	

Cut in squares, when cool roll in icing sugar.

Mrs. Carmichael, Sault Ste. Marie, Ont.

## ICE-BOX COOKIES

2 cups brown sugar	1 cup butter
2 eggs	3 1/2 cups flour
1 tsp. soda	1 cup chopped nuts. (fine)

Mix up and put in long rolls and set in ice box or cold place over night, then slice and bake in a quick oven. The older these cookies are, the better.

Mrs. E. M. Tackaberry, Brandon, Man.

## FROZEN COOKIES

1 cup white sugar	1 cup brown sugar
1 cup shortening	2 eggs
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 tsp. cream tartar	1/2 tsp. soda
1/2 tsp. vanilla	1 cup walnuts
3 1/2 cups flour	

If too thick, add a little cream. Pack in bread tin and leave on ice over night, then slice thin and cook a light brown.

Mrs. Harry Davis, Otterburne, Man.

## DREAM COOKIES

3 eggs	1 cup butter
1 1/2 tsp. baking powder	1 tbsp. hot water
1/2 tsp. baking soda	

Put a little salt in water for flavoring. Flour enough to roll.

Mrs. Harry Davis, Otterburne, Man.



PINEAPPLE DROPPED COOKIES

$\frac{3}{4}$ cup butter, (scant)	1 cup shredded pineapple
2 eggs, slightly beaten	and juice
$2\frac{1}{4}$ cups flour	$3\frac{1}{2}$ tsp. baking powder
2 tbsp. cream	1 tsp. vanilla
1 cup sugar	

Add a little more flour if necessary.

Mrs. F. W. Crossley, Wicklow, U.F.W.M.

SAND CAKES

$\frac{1}{4}$ lb. butter	$\frac{1}{4}$ lb. sugar
$\frac{1}{2}$ lb. flour	$\frac{1}{4}$ lb. corn starch
1 egg yolk	$\frac{1}{2}$ lemon rind, grated

Rub all dry ingredients together. Add yolk of egg and roll to  $\frac{1}{2}$  an inch. Cut and let stand in pans for 5 minutes. Bake 10 minutes, allow to cool on pans. Roll in fine sugar.

Mrs. Smalley, Grand Narrows.

COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup lard
1 cup sugar	1 cup raisins
1 cup buttermilk	Flour enough to roll
1 tsp. baking soda	

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

WONDERFUL MACAROONS

$2\frac{1}{2}$ cups corn flakes (toasted)	1 cup white sugar
1 cup chopped walnuts	1 cup dates
1 cup cocoanut	2 eggs well beaten
1 tsp. vanilla	

Mix all together and spread on a greased paper in pan; have the mixture  $\frac{1}{2}$  an inch thick in pan and cook till brown, but do not overcook.

Roll into balls by hand while hot. This is hard to do, but repays effort.

Mrs. Jas. Elliott, Cardale, Man.

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## JELLY JUMBLES

 $\frac{1}{2}$  cup butter

1 egg

 $\frac{1}{4}$  tsp. salt

1 cup sugar

 $\frac{1}{2}$  cup sour milk $\frac{1}{2}$  tsp. soda

Cream the butter. Add sugar gradually and a well beaten egg. Then add other ingredients. Cut with round cake cutters, cutting small holes in upper. Put together with jam or jelly.

Ruth McClelland, Letellier, Man.

## SOUR CREAM COOKIES

1 cup sugar

 $\frac{3}{4}$  cup butter, creamed with  
sugar,

1 cup sour cream

2 eggs

 $\frac{1}{2}$  tsp. nutmeg

1 tsp. soda, dissolved in cream

Flour enough to make a soft dough.

 $\frac{1}{2}$  tsp. baking powder mixed in flour.

H. M. Breckon, Provencher Dist.

## HERMITS

1 cup butter

3 eggs

1 tsp. soda (dissolved in  
milk) $\frac{1}{2}$  tsp. each of cloves, cinna-  
mon and nutmeg

1 cup chopped nuts

1 tsp. baking powder

 $1\frac{1}{2}$  cups brown sugar $\frac{1}{2}$  cup sweet milk

1 cup chopped raisins

3 cups flour

Drop from spoon into baking pan.

H. M. Breckon, Provencher Dist.

## WHITE COOKIES

2 cups sugar

3 eggs

1 tsp. soda

Vanilla and pinch of salt.

1 cup lard

 $\frac{1}{2}$  cup water or milk

2 tsp. cream tartar in flour

Flour enough to roll.

Ruth McClelland, Letellier, Man

## FAVORITE COOKIES

1 cup butter

 $\frac{1}{2}$  cup sour milk

1 tsp. nutmeg

 $1\frac{1}{2}$  cups sugar

1 tsp. soda

Flour to make a soft dough.

Grandma Breckon, Provencher Dist.

## LACE CAKES

1 tbsp. butter, well creamed	1 cup sugar
2 tsp. baking powder (scant)	1 cup rolled oats
1 cup force or corn flakes	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ cup flour	2 eggs, well beaten
1 tsp. almond extract	

Mix and drop from spoon on buttered tins.

Mrs. C. B. McLean, Wicklow, U.F.W.M.

## WHITE COOKIES

1 cup white sugar	1 cup brown sugar
3 eggs	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup drippings	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ tsp. soda	2 tsp. baking powder
2 tsp. vanilla	

Flour to make a soft dough.

Mrs. E. N. Tolton.

## TEA CAKES

1 cup sugar	$\frac{2}{3}$ cup butter
2 eggs	1 cup chopped raisins
1 cup chopped walnuts	2 cups flour
$\frac{1}{3}$ cup hot water	1 tsp. soda
1 tsp. cassia	1 tsp. cloves
Pinch of salt	

Drop on buttered tins.

Mrs. C. B. McLean, Wicklow, U.F.W.M.

## CHERRY AND DATE ROCKS

1 cup butter	$\frac{3}{4}$ cup brown sugar
1 egg	2 cups flour
2 tsp. baking powder	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ lb. dates	$\frac{1}{4}$ cup cherries
$\frac{1}{2}$ or $\frac{3}{4}$ cup milk	

Bake in well greased patty pans in a fairly hot oven.

Mrs. Dick Empson, Provencher, Dist.

## PINWHEEL COOKIES

Cream  $\frac{1}{2}$  cup butter. add gradually  $\frac{1}{2}$  cup of sugar and 1 beaten egg yoke. Beat mixture well. Add 3 tsp. milk and  $1\frac{1}{2}$  cups flour, which have been sifted with  $1\frac{1}{2}$  tsp. baking powder and  $\frac{1}{8}$  tsp. salt. Add  $\frac{1}{2}$  tsp. vanilla.

Divide dough in two halves. To half this mixture add 1 square of chocolate melted. Roll white dough into thin rectangular sheet, then roll chocolate mixture the same and place over white sheet. Gently press down. Roll like Jelly Roll into tight roll. Cool and cut into thin slices and lay cut side down on cookie tin. Bake in moderate oven about 10 minutes.

M. M. Johnston, Provencher Dist.

## ALICE COOKIES

$\frac{3}{4}$ cup sugar	1 tsp. baking powder
2 eggs	1 cup flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup milk
1 tsp. cinnamon	$\frac{1}{2}$ cup cocoanut
1 cup rolled oats	1 cup raisins
1 cup nut meats	

Cream sugar and butter, add eggs, milk, cocoanut, raisins, nuts. Sift salt, baking powder and cinnamon with flour and add to rolled oats. Drop on greased tin.

M. M. Johnston, Provencher Dist.

## WALNUT DROP CAKES

1 cup Dates and Walnuts chopped fine	$1\frac{1}{4}$ cups brown sugar
2 Eggs	2 cups flour
$\frac{2}{3}$ cup of butter	3 tsp. baking powder and a pinch of salt.

Cream butter, add sugar and eggs well beaten, then add flour, baking powder and salt. Mix well, add walnuts and dates, drop off spoon on a baking pan and bake in a moderate oven.

Mrs. E. L. Johnson,  
Prov. Director, Selkirk Dist.

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## COCOANUT MACAROONS

2 egg whites	Pinch of salt
$\frac{3}{4}$ tsp. vanilla	$\frac{3}{4}$ tsp. baking powder
$\frac{1}{4}$ cup white sugar	2 cups cocoanut

Beat whites of eggs stiff and add ingredients in order. Pack into an egg cup, turn out onto a buttered pan, and bake in a moderate oven for about ten minutes or until nicely browned.

Leta Lightfoot, Morris, Man.

## RECEPTION MACAROONS

1 cup shortening	1 cup brown sugar
3 tsp. baking powder	2 eggs
2 tsp. vanilla	1 tbsp. cocoa
$\frac{1}{4}$ tsp. soda	2 to $2\frac{1}{2}$ cups flour
$\frac{1}{4}$ tsp. salt	

Cream shortening, add sugar gradually and then the eggs, which have first been beaten until thick. Dissolve the cocoa in a few drops of boiling water and add it to the mixture. Mix and sift flour together and add baking powder, soda, etc.

Mrs. W. T. Irvine, Morris, Man.

## CHINESE CHEWS

1 cup brown sugar	1 cup chopped dates
1 cup chopped nuts	3 eggs
$\frac{3}{4}$ cup flour	1 tsp. baking powder

(if eggs are large, use a little more flour)

Mix well. Spread on large greased pan, bake carefully to a light brown. Cut while hot into two inch squares and roll in powdered sugar, or finely broken corn flakes are very nice to roll them in.

Bethe Clubb, Morris, Man.

## ROCKS

2 cups flour	1 cup raisins
1 cup white sugar	$\frac{1}{2}$ cup chopped nuts
2 tsp. baking powder	$\frac{1}{2}$ cup peel
1 cup butter	2 eggs

Mix dry ingredients first, rub in butter, add fruit, etc., then beaten eggs. Drop by teaspoon on greased pan and bake in hot oven.

Miss Elsie Seed.

## MARGUERETTES

1 egg	1 cup brown sugar
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ tsp. baking powder
1 cup nut meats	

Beat egg, add sugar and continue beating. Sift flour and baking powder together once, and add to the butter. Stir in chopped nuts, drop big spoonfuls in cookie pans and bake.

Mrs. Joe Wilson, Provencher Dist.

## CURRANT GEMS

1 cup sugar	$\frac{1}{2}$ cup butter
1 cup sweet milk	2 eggs
1 cup currants	Pinch of salt
2 tsp. baking powder	

Flour to make a stiff batter. Bake in gem tins 25 minutes.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

## COCOANUT CAKES

$1\frac{1}{2}$ cups flour	2 tbsps. butter
$1\frac{1}{2}$ cups cocoanut	2 eggs
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. vanilla
2 tsp. baking powder	

Mix together the flour, baking powder, cocoanut and sugar; rub the butter into this, then add the well beaten eggs and the vanilla. This forms a stiff mixture. Break into pieces the size of a walnut and roll into balls and roll in sugar. Bake in a hot oven 15 or 20 minutes.

Mrs. E. M. Metcalf, Portage la Prairie.

## QUEEN CAKES

6 oz. flour	4 oz. butter
3 oz. currants	4 oz. sugar
2 eggs	Grated rind of 1 lemon
1 tsp. baking powder	

Beat butter and sugar, then add eggs, currants, flour, baking powder and lemon rind. Half fill some well greased cake tins with mixture, and bake in a quick oven for 20 minutes.

Mrs. F. Toobill, 122 Cross Lane, Manchester.

## SHORT BREAD COOKIES

1 cup lard and butter (mixed)	$\frac{3}{4}$ cup brown sugar
2 eggs, (beaten separately)	1 tsp. soda
2 tsp. cream of tartar	Vanilla
3 or $3\frac{1}{2}$ cups flour	

Make in small cakes by rolling in hand.

Ruth McClelland, Letellier, Man.

## DATE SQUARES

$\frac{1}{2}$ cup milk	3 egg yolks
1 tsp. soda in 1 tbsp. hot water	1 lb. dates
$\frac{1}{2}$ tsp. cloves	1 cup walnuts
$2\frac{3}{4}$ cups flour	$\frac{3}{4}$ tsp. cinnamon
1 cup butter	$1\frac{3}{4}$ cups sugar

Bake in flat tin, cut in squares or diamonds.

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## SUGAR COOKIES

2 eggs	$1\frac{1}{2}$ cups sugar
1 cup butter	1 cup sour cream
1 tsp. soda	2 tsp. cream of tartar
Flour to stiffen	

Roll thin, sprinkle with sugar while still warm.

Mrs. T. W. McClelland. Vice-President U.F.W.M.

## RECEPTION MACAROONS

1 cup shortening	1 cup brown sugar
2 eggs	2 tsp. vanilla
$\frac{1}{4}$ tsp. soda	3 tsp. baking powder
1 tbsp. cocoa	2 or $2\frac{1}{2}$ cups flour
$\frac{1}{4}$ tsp. salt	

Cream shortening. Add sugar gradually. Then add eggs, which have been beaten until thick. Dissolve the cocoa in a few drops of boiling water and add to first mixture. Mix and sift 2 cups of flour with baking powder, soda and salt. Combine mixture and add flavoring.

Ruth McClelland, Letellier, Man.

## DATE DROP CAKES

6 tbsp. butter | 1/2 cup brown sugar

Cream together and add 1 egg; 1/2 cup dates; 1/2 cup walnuts; 1 1/2 cups flour; 2 tsp. baking powder; 2 tbsp. milk; 1 tsp. vanilla; 1 tsp. lemon. Drop from teaspoon on greased pan.

Mrs. Dick Empson, Provencher, Dist.

## ROCKS

1 cup butter		1 tsp. cream of tartar
1 cup granulated sugar		2 eggs
1 tsp. vanilla		2 or 2 1/2 cups of flour

Drop from spoon and bake in a moderate oven.

Mrs. C. R. Forrester, Provencher, Dist.

## DROP CAKES

1 cup butter		1 cup broken walnuts
3 egg yolks		(not too fine)
1/4 tsp. cinnamon		

1 tsp. baking soda, dissolved in 1 tbsp. hot water.

2 3/4 cups flour.		1/2 tsp. ground cloves
1 1/2 cups white sugar		1 lb. chopped dates

Mix as follows: Cream butter, gradually add sugar, beat, add beaten egg yolks, mix in other ingredients in order given. Lastly add whites of three eggs beaten dry. Drop into buttered pan and bake in quick oven.

For a change use ground rind of one lemon and one orange instead of the spices.

Miss E. M. Landy, Provencher, Dist.

## DATE DROP CAKES

1 pkg. dates	1 cup walnuts
1 tbsp. butter	$\frac{1}{2}$ tsp. vanilla
1 cup sugar	2 eggs
Shredded cocoanut	

Cream butter, sugar and eggs, well beaten. Add chopped dates and nuts, with vanilla. Take about a small teaspoon of the mixture and roll in cocoanut. Bake in a greased pan until light brown. Shredded wheat may be used instead of cocoanut.

Mrs. W. J. Major, 155 Helmsdale Ave.,  
East Kildonan.

## WALNUT ROCKS

Cream $\frac{3}{4}$ cup brown sugar	1 tsp. vanilla
Cream $\frac{3}{4}$ cup butter	1 tsp. baking powder
Add one egg	2 cups flour
$\frac{1}{2}$ tsp. baking soda in 2 tsp. water.	1 cup walnuts (Cherries if desired.)

Mrs. R. C. Brown, Pilot Mound, Man.

## HERMITS (Cookies)

3 eggs	1 tsp. each, allspice, cinnamon and nutmeg.
1 cup butter	2 tsp. baking powder
$1\frac{1}{2}$ cups sugar	2 cups flour
1 large cup raisins (stoned and chopped)	Roll out.

Mrs. P. Sloan, Grand Narrows.

## FRUIT COOKIES

1 cup raisins	$1\frac{1}{2}$ cups brown sugar
1 cup shortening	1 egg, (beaten)
6 tbsp. milk	$\frac{1}{2}$ tsp. baking powder

Salt, nutmeg or mixed spice.

Flour to stiffen and roll out.

Beat sugar and shortening, add egg, milk, baking powder, salt, flour, raisins and spice. Bake in a quick oven.


Mrs. F. Donley, 131 Hardman Ave.  
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### RAISIN COOKIES

Cream together 1 lb. sugar,  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. lard. Add 3 well beaten eggs,  $\frac{1}{2}$  oz. baking powder,  $\frac{1}{2}$  lb. seeded raisins chopped. Beat in 2 lb. sifted flour, cut out and bake in a moderate oven.

Mrs. G. Sangster, Regina, Sask.

### COOKIES

1 cup sugar  
2 eggs

1 cup butter  
2 tsp. baking powder

Flour enough to roll.

Roll thin and cook in a quick oven.

Miss Dearsley, Grand Narrows

### COOKIES

1  $\frac{1}{2}$  cups butter  
2 eggs  
 $\frac{1}{2}$  cup buttermilk (scant)  
Flour to roll.

1 cup sugar  
 $\frac{1}{2}$  tsp. salt  
1 tsp. soda

Mrs. Arthur Aters, Dickson, U.F.W.M.

### NUT COOKIES

1 cup butter (creamed)  
1 tsp. soda  
3  $\frac{1}{2}$  cups flour

2 eggs, (well beaten)  
2 cups brown sugar  
1 cup walnuts

Sift together 3 times, roll and leave overnight.

Mrs. Geo. Elliott, Carberry, Man.

### CHINESE CHEWS

2 eggs  
 $\frac{1}{3}$  cup flour  
Pinch of salt  
1 cup walnuts

1 small cup white sugar  
1 tsp. baking powder  
1 cup chopped dates

Bake slowly about 30 minutes. Cut in small pieces and roll in icing sugar.

Mabel Shaw, Sault Ste Marie, Ontario



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## PIE RECIPES

Unless some sweetness at the bottom lie  
Who cares for all the crinkling of a pie?

—W. King

### CREAM PUFFS

1/2 cup butter		1 cup flour
3 eggs		1 cup water

Boil butter in water, add flour and stir up. Let get thoroughly cold. Drop eggs into mixture, beat until smooth, have oven nice and hot, this makes 15 cream puffs.

Mrs. J. A. McClelland, Provencher, Dist.

### TARTS

1 cup table syrup		2 eggs
1 cup brown sugar		1/2 nutmeg

Mix well together, pour into tart shells and bake. Be careful not to fill shells too full as in that case the filling will not set. All measurements are level.

Mrs. V. E. Phillips.

### DATE PIE

2 egg yolks		1 cup white sugar
Chopped dates		1 cup sweet cream or milk

Line pie plate with paste and put a layer of dates in bottom. Add above mixture and bake. Beat whites of eggs stiff, sweeten with sugar and spread over top. Put in oven to brown.

Mrs. Chas. Locke, Dauphin Plains.

### CREAM PUFFS

1 cup water		1/2 cup butter
-------------	--	----------------

Boil together and while boiling stir in 1 cup flour. When almost cold stir in three unbeaten eggs, one at a time. Drop on buttered tins and bake in an oven heated suitable for cooking a light cake. This recipe makes 22 nice puffs.

#### FILLING:

1 cup milk		1 egg
3 tbap. flour		1/2 cup sugar
1 tap. lemon flavoring		

Mrs. Jos. G. Lewis, Morris, Man.



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## LEMON PIE

1 cup sugar	Juice of 2 lemons
Grated rind of 1 lemon	2 tsp. cornstarch (small)
2 egg yolks	Small piece of butter
1 cup boiling water	

Beat yolks of eggs well. Add cornstarch, butter, sugar,  $\frac{1}{2}$  the lemon juice and boiling water. Cook until quite thick. Add rest of lemon and pour on crust, (already baked). Whip whites of eggs with 2 tsp. sugar. Spread on pie and place in oven to brown slightly. (One lemon and one orange make a nice change in flavor.

Mrs. F. Hamilton, Winnipeg, Man.

## PUMPKIN PIE

1 cup pumpkin	1 or 2 eggs
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups thin cream or milk
$\frac{1}{2}$ tsp. each cinnamon and ginger	Makes enough for 1 pie.

Mrs. F. Hamilton, Winnipeg, Man.

## SOUR CREAM PIE

1 cup sour cream	1 cup sugar
1 egg	1 cup raisins
1 tsp. vinegar	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. cloves	
Bake in 2 crusts	

Mrs. F. Hamilton, Winnipeg, Man.

## BUTTERMILK PIE

2 cups buttermilk	2 tbsp. flour
2 tbsp. butter	2 eggs
1 cup sugar	

Bake with an undercrust.

Mrs. Geo. Woods, Dumfries U.F.W.M.

## COCOANUT PIE

1 cup shredded cocoanut, soak in a pint of milk. Add 2 well beaten eggs. 1 cup of sugar. Bake with out upper crust. Frost while hot. Do not set in hot oven.

Mrs. Geo. Woods, Dumfries U.F.W.M.

**CUSTARD PIE**

3 eggs  
1 pint milk  
Salt

1 cup sugar  
Flavoring

Line 2 moderate sized pie plates with good pie crust and fill with above mixture and bake in a fairly hot oven.

Mrs. Lorne McKillop, Dauphin.

**BUTTER TARTS**

2 eggs  
1 cup currants, raisins or  
walnuts

1 cup white sugar  
 $\frac{1}{2}$  cup butter  
1 tsp. vanilla

Mix altogether, put 1 tbsp. in each tart shell and bake together. Same paste as for pies.

Mrs. R. W. McNaughton, Dauphin Plains.

**PUMPKIN PIE**

1 cup cooked, strained pumpkin beaten with  $\frac{1}{2}$  a cup of sugar and 2 eggs. Add  $\frac{1}{2}$  cup good rich milk and season to taste with ginger, mace, nutmeg, and cinnamon. Add a pinch of salt and bake in a fairly hot oven.

Mrs. Lorne McKillop, Dauphin.

**TOMATO PIE FILLING**

8 cups chopped green tomatoes. 3 cups sugar.

Boil until thick enough for pie then add;  $\frac{1}{2}$  tsp. cinnamon and  $\frac{1}{2}$  tsp. cloves, and vinegar to taste. Fill pie crust, bake.

Mrs. Lee Chute.

**VEGETABLE MARROW PIE**

$\frac{2}{3}$  cup sugar. 1 heaping tsp. of cinnamon and a little flour.

Put marrow in pie crust, sprinkle with a little flour, then pour over cinnamon and sugar mixed.

Mrs. R. W. McNaughton, Dauphin Plains.

## RAISIN PIE

2 cups seeded raisins		$\frac{3}{4}$ cup white sugar
$1\frac{1}{2}$ cups boiling water		1 lemon
2 tbsp. cornstarch		$\frac{1}{4}$ tsp. salt

Cook raisins in boiling water for five minutes. Add grated rind of lemon and sugar, cornstarch and salt. Cook, stirring constantly until thick. Remove from fire and stir in lemon juice. Let cool and bake between two crusts. Serve cold. One cup of chopped walnut meats can be added to the raisin mixture just before filling pie for baking.

## COFFEE CREAM PIE

1 cup milk		1 cup coffee, (strong)
$\frac{1}{4}$ cup sugar		2 tbsp cornstarch
2 eggs		

Separate eggs, beat yolk with sugar. Mix coffee and milk and bring to boiling point and pour over yolks stirring all the time. Place in double boiler and add cornstarch mixed with a little cold milk; stir until mixture coats a silver spoon. Beat whites of eggs stiff, add to hot mixture and cook one minute. Remove from fire, partially cool, and turn into a baked pie shell. When ready to serve cover with sweetened and flavored whipped cream.

## CHOCOLATE CREAM PIE

1 cup sugar		$1\frac{1}{2}$ cups scalded milk
$\frac{1}{3}$ cup flour or 3 tbsp. corn-		2 egg yolks
starch		2 tsp. butter
$\frac{1}{2}$ tsp. salt		2 oz. melted chocolate
Flavoring		

Cook filling and turn into a baked pie crust. Cover with meringue or whipped cream.

## DATE PIE

$\frac{1}{2}$ lb. dates		$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups milk		$\frac{1}{8}$ tsp. salt
2 eggs		

Line pie plate with uncooked pastry. Clean and pit the dates, cut in pieces and spread a layer on bottom of pastry. Beat the eggs, add the sugar, salt and milk, pour mixture over dates and bake in a moderate oven until firm. Chill and top with whipped cream.

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**MOCK CHERRY PIE**

1 cup cranberries		$\frac{1}{2}$ cup seeded raisins
$\frac{3}{4}$ cup sugar		$\frac{1}{2}$ cup boiling water
1 tsp. vanilla		

Make with two crusts and bake slowly.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

**AMBER PIE**

4 tbsp. melted butter		1 tbsp. marmalade
4 egg yolks, well beaten		

Mix ingredients and heat over the fire, then add two table-spoonfuls candied peel cut in large slices. Line a deep pie dish with thin pastry, pour in the mixture, and bake one-half hour. When cooked, spread over the top the beaten whites of the eggs and brown slightly.

Mabel E. Finch, Winnipeg, Man.

**CREAM PIE**

$\frac{1}{2}$ cup sugar		2 eggs
1 tbsp. flour (heaping)		Vanilla
$1\frac{1}{2}$ cups milk		Pinch of salt

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

**FIG PIE**

Wash and then soak over night, 1 cup of figs. Cut them and cook until tender. Add  $\frac{1}{2}$  a cup sugar. Fill crust with above and bake with a top crust.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

**CREAM PIE**

Heat 2 cups of milk and 2 cups of water in a double boiler. Beat up yolks of 3 eggs,  $\frac{1}{2}$  cup of sugar, 1 tsp. butter, 2 large tbsp. cornstarch and 1 tsp. vanilla. Add to boiling milk and cook. Fill baked shells and decorate with a meringue made from the beaten whites of the eggs and 1 tsp. of sugar. Brown in the oven a few seconds.

Mrs. Lorne McKillop.

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### DATE PASTRY

1 cup brown sugar		1 1/2 cups rolled oats
1 1/2 cups flour		3/4 cup butter

Rub the above to crumbs. Sprinkle a layer of crumbs on the bottom of a cake pan. Spread with a layer of cooked, sweetened dates, and sprinkle with crumbs. This does not need icing.

Mrs. Pillen, Deepdale, Man.

### ENGLISH BUTTER TARTS

Cream together one tbsp. of butter and 1 cup of sugar. Add 2 beaten eggs, large breakfast cup of cleaned currants and 2 tsp. of vanilla.

Line patty tins with a rich pie crust, drop in enough of the above mixture to fill them. Bake about 10 minutes in a moderate oven. These are delicious.

Mrs. A. Lissimore, Toronto.

### LEMON CHEESE TARTS

#### LEMON CHEESE

1/4 lb. butter		1 large cup sugar
2 lemons (juice)		2 eggs, well beaten

Cook together until mixture thickens, stirring almost continually. When cold, put into a sealer and the mixture will keep for weeks.

Line patty tins with rich pie crust, cook in a hot oven about five minutes and when cold, fill with the above mixture.

Mrs. A. Lissimore, Toronto.

### TART SHELLS

1 cup lard		1 egg white, beaten
1 tbsp. white sugar		2 tbsp. cold water

Mix together, add 1/2 tsp. baking powder sifted with the flour. Mix well, adding flour as required. Bake in moderate oven.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.



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## PIE PASTE

1 cup flour  
 1/4 cup lard  
 1/4 tsp. salt

1/2 tsp. baking powder  
 Cold water

Mix thoroughly, but as little as possible.

Mrs. R. W. McNaughton, Dauphin Plains.

## CREAM PUFFS

1 cup water

1/2 cup butter

Boil together and stir in while boiling, 1 cup flour. Let cool, then add one at a time, 3 eggs, beating well each time. Drop into buttered pan by spoonfuls. Bake 25 minutes. Do not be in a hurry to remove from oven until you are sure they are done and dry, as they fall if not allowed to cook well.

## FILLING:

1 cup milk  
 1 egg

1/2 cup sugar  
 3 tbsp. flour

Boil milk, add sugar, flour and egg, mixed with a little cold water. Boil till it thickens. Cool.

Mrs. Hutchison, Dauphin Plains.

## RAISIN TARTS

1 cup brown sugar  
 1 egg

1 tbsp. butter  
 1/2 cup chopped raisins

Moisten slightly and boil until thick. Fill tart shells and bake.

Mrs. Lorne McKillop.

## BUTTER SCOTCH PIE

1 cup dark brown sugar  
 1 tbsp. butter  
 1 1/2 tbsp. flour

2 egg yolks (white for frosting)  
 1 cup sweet milk

Cook in double boiler and put in baked crust.

D. H. Bancroft.

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PUMPKIN PIE

1 cup pumpkin	1 egg
2 cups milk	1 cup sugar
1 1/2 tsp. ginger	2 tsp. cinnamon

Pour milk over pumpkin, beat in egg, mix sugar and spices, add to mixture. Bake in one crust.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

BAKEWELL TART

1/4 lb. butter	1/4 lb. sugar
2 eggs	2 oz. ground rice
2 oz. ground almonds	Raspberry jam

Line pie plate with pastry, put in a little jam. Cream butter and sugar, add eggs well beaten, then almonds and rice. Bake in moderate oven.

Mrs. Smalley, Grand Narrows.

LEMON PIE

1 cup sweet cream	2 tbsp. butter
2 eggs	1 lemon with rind grated
1 dessert spoon corn starch	1 cup sugar

Use on crust.

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

MINCEMEAT

1 lb. raisins	1/2 lb. mixed peel
1 lb. currants	1 tsp. cinnamon
1 lb. suet	1/2 tsp. cloves
1 lb. sugar	1/4 tsp. mace
2 lb. chopped apples	1 grated nutmeg
1/4 lb. almonds, cleaned and chopped	2 lemons, rind and juice
	1 cup cider
	1/2 cup blackstrap

(3 cups of apples to one pound.)

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

## ALMOND TARTS

6 oz. ground almonds

2 eggs

6 oz. sugar

## Puff Pastry:

 $\frac{3}{4}$  lb. flour $\frac{1}{2}$  lb. butter

2 oz. lard

 $\frac{1}{2}$  tsp. cream of tartar

Mix cream of tartar with flour, rub in the lard, and mix to a paste with cold water. Roll out and place the butter on in small pieces, fold in three and roll out. Let it stand a few minutes whilst mixing up the almond mixture, then roll out again and repeat three times. Line patty pans with pastry, then put a little raspberry jam on and fill up with almond mixture, putting a strip of pastry like a cross on top.

Mrs. Hampson, Manchester, Eng.

## HOT WATER PIE PASTE

Place 1 cup shortening, (lard or lard and butter) in a mixing bowl, add  $\frac{1}{2}$  cup boiling water and stir until smooth and creamy. Then mix in 3 cups flour, in which has been sifted 1 tsp. salt and  $\frac{1}{2}$  tsp. baking powder. This can be rolled immediately, but it is more easily handled if it is thoroughly chilled.

Mrs. M. L. Forge, Winnipeg, Man.

## TAFFY TARTS

1 egg

1 tsp. vanilla

1 cup brown sugar

Make rich paste and line gem pans. Put one large teaspoonful of above mixture in paste and bake.

Mrs. Burrell, Grand Narrows.

## SHORT PASTRY

1 lb. flour

 $\frac{1}{2}$  lb. lard

1 tsp. salt

1 tsp. cream of tartar

1 cup water

Mix cream of tartar and salt in the flour, lightly rub in the lard and mix with the water.

Mrs. A. Smith, Ingleside, Ashton-on-Mersey, England

## MAID OF HONOR TARTS

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup chopped nuts or
2 eggs, (unbeaten)	cocoanut
2 cups flour	2 tbsp. milk, (or more)
2 tsp. baking powder	$\frac{3}{4}$ cup of white sugar
	$\frac{1}{2}$ tsp. salt
	$1\frac{1}{8}$ cups Raspberry Jam

Form into small ball with hand. Put into pattie tins and make a hole in the centre. Fill with jam and nuts. (May use any desired filling.)

Ruth McClelland, Letellier, Man.

## TAFFY TARTS

1 cup brown sugar	1 egg
2 tsp. butter	2 tbsp. milk
1 cup currants	Vanilla
Nutmeg	

Mrs. Carmichael, Sault Ste Marie, Ontario.

## FOR ORDERLY MANAGEMENT

Take 2 lbs. of self control,  $1\frac{1}{2}$  lbs. of justice, 1 lb. consideration, 5 lbs. of patience, 1 lb. charity. Mix all together and simmer well. This should be taken in large doses, or in extreme need take a large dose hourly. It should be kept constantly on hand, and will positively insure the smooth running of the domestic machinery.

Cabbage chopped and seasoned well with celery seed is a good substitute for celery in a salad.

To save washing, make table cloths of cotton and trim with bright edgings to match curtains. These are easy to launder and attractive.

Mrs. S. Cochrane.

Oilcloth pasted on kitchen table is quite an improvement on the loose cloth. Do not paste the edge but tack the corners neatly.

M. Jackson

**ALADDIN CHOCOLATE CAKE**

- |   |  |
|---|--|
| 1½ cups sifted Swans Down Cake<br>Flour | 5 tablespoons softened butter or<br>other shortening |
| 1¾ teaspoons Calumet Baking<br>Powder   | 2 eggs, well beaten                                  |
| ¼ teaspoon salt                         | ½ cup milk   |
| 1 cup sugar                             | ½ teaspoon vanilla                                   |
|   | 2 squares Baker's Unsweetened<br>Chocolate, melted   |

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter. Combine eggs, milk, and vanilla, and add to flour mixture, stirring until all flour is dampened. Add chocolate and blend. Then beat vigorously 1 minute. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (325° F.) 1 hour. Spread Chocolate Orange Butter Frosting on top and sides of cake.

**CHOCOLATE ORANGE BUTTER FROSTING**

- |                                    |   |
|------------------------------------|---|
| 2 teaspoons grated orange rind     | 1½ squares Baker's Unsweetened<br>Chocolate, melted |
| 4 tablespoons butter               | dash of salt  |
| 2 cups sifted confectioners' sugar | 4 teaspoons orange juice (about)                    |

Combine orange rind and butter; cream well. Add part of sugar gradually, blending after each addition. Add chocolate and salt and mix well. Add remaining sugar, alternately with orange juice, until of right consistency to spread. Beat thoroughly after each addition. (All measurements are level.)

## Bake a Cake that is New and Different

**GUM DROP CAKE (Light)**

- |                               |                                |
|-------------------------------|--------------------------------|
| ½ cup Butter                  | ½ cup Milk                     |
| ¾ cup Fruit Sugar             | ½ teaspoon<br>Vanilla Ess.     |
| 2 Egg Yolks                   | Juice and rind of<br>one Lemon |
| 2¼ cups Flour                 | 2 Egg Whites                   |
| 2½ teaspoons<br>Baking Powder | ½ lb. Gum Drops                |

Cream butter well. Add sugar gradually. Add lightly beaten egg yolks. Add dry ingredients alternately with milk. Lastly, fold in stiffly beaten egg whites. Bake 45 minutes—350 degrees.

Gum Drops should be sprinkled lightly with flour and mixed into the batter just before placing in cake tin.

**GUM DROP CAKE (Dark)**

- |                               |                             |
|-------------------------------|-----------------------------|
| ½ cup Butter                  | 1 tspn. Cinnamon            |
| 1 cup White<br>Sugar          | 1 tspn. Nutmeg              |
| 2 Eggs                        | 2 cups Flour                |
| ½ teaspoon Salt               | 1 lb. Australian<br>Raisins |
| 1½ teaspoons<br>Baking Powder | (medium color)              |
| 1 cup Sweet Milk              | 1 lb. Gum Drops             |
- Bake in slow oven—not over 300 degrees—1½ hours.

Gum Drops should be cut in four pieces with a pair of scissors that have been dipped in cold water.

**"NUTTY CLUB" GUM DROPS** are  
specially prepared for Gum Drop Cake

**SCOTT-BATHGATE CO. LTD.**

Winnipeg and Vancouver



## CAKE RECIPES

"Dost thou think because thou are virtuous,  
there shall be no more cakes?"—Twelfth Night.

### APPLE SAUCE CAKE

1 cup brown sugar	3/4 cup butter
1 tsp. cinnamon	1/2 tsp. nutmeg
1 1/2 cups hot apple sauce	2 tsp. soda
2 1/2 cups flour	3 tbsps. molasses
1 cup raisins	1/4 lb. peel

Mrs. A. R. Gray, Secretary.

### MARGUERITE CAKE

1 cup brown sugar	1/4 cup butter
2 eggs	1/2 cup buttermilk
1/2 cup black syrup	1 tsp. mixed spice
1 tsp. soda	2 cups flour

Mrs. J. Drysdale, Neepawa.

### BOILED RAISIN CAKE

1 cup raisins	2 cups water
Boil until there is only 1 cup of liquid.	
1 1/2 cups brown sugar	1/2 cup butter or lard
1 egg	1/2 a nutmeg
1/2 cup nut meats	2 cups flour
1 tsp. salt	1 tsp. soda

Cream sugar and butter, add egg, nutmeg, nutmeats and pour in boiling raisin water and hot raisins. Stir well. Sift in flour, add salt, and soda. Beat well and pour into greased cake pan. Bake 1/2 an hour.

Mrs. V. E. Phillips, Dist. Director, Dauphin.

### CREAM CAKE

1 cup sugar	3/4 cup cream
1 egg	Butter size of 1 egg
2 cups flour	2 tsp. baking powder
Flavor with lemon	

Mrs. J. Maynard, Spruce Bluff U.F.W.M.

## DUTCH CAKE

1 cup brown sugar	1/2 cup butter (scant)
1 egg	1/4 cup cooking molasses
1 cup butter milk	1 tsp. soda
1/2 tsp. nutmeg	

Flour to make nice cake batter, about 1 1/2 or 2 cups.

## ICING:

1 1/2 cups brown sugar      1 cup sour cream  
Boil until very thick. Add vanilla to flavor and beat until thick enough to spread.

Mrs. Hutchison, Dauphin Plains.

## SOFT GINGER BREAD

1/2 cup sugar	2 tsp. soda dissolved in
1/2 cup butter or shortening	water
1 cup boiling water	2 3/4 cups flour
1 cup molasses	

Add 2 well beaten eggs the last thing before baking.

Ice with plain icing sugar or delicious with whipped cream over it when fresh.

Mrs. Richardson, Dauphin Plains.

## PORK CAKE

1 lb. fat pork (chopped fine)	7 cups flour
1 cup brown sugar	1 tbs. all kinds spices
1 lb. raisins	1 pint boiling water
1 tbs. baking soda	1 cup molasses
	1 lb. currants

Bake in moderate oven one hour.

Mrs. Richardson, Dauphin Plains.

## CRUMB CAKE

2 cups flour	3/4 cup butter
1 cup sugar	1 egg
1 cup sour milk	1 tsp. baking soda
1 cup raisins	1 tsp. cloves
1 tsp. nutmeg	1 tsp. cinnamon

Mix together flour, butter and sugar, and rub to crumbs. Save 1 cup of crumbs and add to remaining crumbs other ingredients. Sprinkle cup of crumbs over top and bake in a medium size pan.

Mrs. Burrell, Grand Narrows.

## CRUMB CAKE

2 cups flour		1 cup brown sugar
$\frac{1}{2}$ cup butter		
Rub as for cookies, save 1 cup for icing. Add:—		
1 cup sour milk		1 tsp. soda
1 egg		1 tsp. cinnamon
Pinch of cloves, nutmeg and vanilla.		
1 cup raisins		1 cup currants

Or—dates and nuts instead of fruit. Sprinkle with the cup of crumbs saved, and bake in a moderate oven.

Mrs. J. Drysdale, Neepawa.

## BOILED RAISIN CAKE

1 cup raisins, boiled 20 min.		1 tsp. baking soda, dissolved
$\frac{1}{2}$ cup water raisins were		in raisin water
boiled in.		1 tsp. cinnamon
$\frac{3}{4}$ cup sugar, brown preferred		1 tsp. nutmeg
$\frac{1}{4}$ cup shortening		$1\frac{1}{2}$ cups flour

Mrs. Geo. Shield, Wicklow, U.F.W.M.

## GINGERBREAD

1 cup sugar		1 cup butter
1 egg		1 cup molasses
1 cup cold weak tea		1 tsp. ginger
4 cups flour		2 tsp. baking soda

Sift soda through flour.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

## ORANGE CAKE

1 cup sugar		$\frac{1}{2}$ cup butter (scant)
2 eggs		$\frac{1}{2}$ cup sweet milk
2 tsp. baking powder well sifted with $1\frac{1}{2}$ cups flour.		
1 orange grated, keep out quite half for the filling.		

## FILLING:—

Mix 1 small tsp. of corn starch and add boiling water to make nice filling. Flavor with orange and sugar to taste. Ice and decorate with orange sections.

Mrs. Lorne McKillop, Dauphin.



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WEDDING CAKE

- |                             |                           |
|-----------------------------|---------------------------|
| 1½ lbs. butter              | ½ lb. each of citron peel |
| 2 lbs. currants             | and almonds               |
| 1½ lbs. flour               | ½ cup molasses            |
| 1 tsp. each of ground mace, | 3 lbs. raisins            |
| cinnamon and cloves.        | 15 eggs                   |
| 1½ lbs. brown sugar         | 1 cup milk                |
|                             | 1 tsp. baking soda        |

Bake slowly.

Mrs. Lorne McKillop, Dauphin.

PRUNE CAKE

- |                            |                    |
|----------------------------|--------------------|
| 1 cup sugar                | 1 tsp. cloves      |
| 3 eggs, (Reserve whites of | 1½ cups flour      |
| 2 for frosting)            | ⅔ cup butter       |
| 1 cup cooked prunes,       | 1 tsp. baking soda |
| (chopped)                  | 1 tsp. cinnamon    |
| 4 tbsp. sour milk or hot   | Nutmeg to taste.   |
| water                      |                    |

Mrs. I. Boles, Dauphin Plains.

CHOCOLATE CAKE

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 egg                            | 1 cup butter or half lard    |
| 2 cups sugar                     | 2 cups sour milk             |
| 1 tsp. baking soda               | 2½ cups flour                |
| 3 tbsp. cocoa dissolved in milk, | let come to a boil then stir |
| into batter.                     |                              |

Mrs. Lee Chute.

WALNUT CAKE

- |                                       |                              |
|---------------------------------------|------------------------------|
| ½ cup butter                          | 1 cup white sugar            |
| 2 eggs                                | ½ cup sweet milk             |
| 2 tsp. baking powder well sifted with | 1½ cups flour.               |
| Add 1 cup chopped walnuts.            | Ice, and put half walnuts on |
| cake so it will cut in squares.       |                              |

Mrs. Lorne McKillop, Dauphin.

GINGER CAKE

- |  |                         |
|--|-------------------------|
| 1 cup sugar                                    | ½ cup butter            |
| ½ cup lard                                     | 1 tsp. cloves           |
| 1 tsp. ginger                                  | 1 tsp. allspice         |
| 1 tsp. cinnamon                                | 1 cup molasses          |
| 1 tsp. soda mixed with 1 cup of boiling water. |                         |
| Flour enough to make stiff.                    | Add 2 eggs well beaten. |

Mrs. Joe Copeland, Provencher Dist.

## PAULIN'S CHOCOLATE CAKE

$\frac{3}{4}$  cup shortening  
 1 cup white sugar  
 2 squares Bakers unsweet-  
 ened chocolate.  
 1 cup sour milk

1 teaspoonful soda  
 2 eggs—well beaten  
 $1\frac{3}{4}$  cups flour  
 1 teaspoon baking powder  
 Vanilla

Melt chocolate and add to shortening and sugar. Cream well.  
 Dissolve soda in sour milk.

## ICING

1 square melted chocolate  
 A little hot water  
 2 cups icing sugar

Butter size of egg  
 Vanilla

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10,000 lbs. of fresh Manitoba butter.

235,000 lbs. pure leaf lard made in Manitoba, and other farm produce, such as eggs, etc.

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The Paulin Chambers Co. Ltd.  
 WINNIPEG



### CHOCOLATE CAKE

1 cup granulated sugar	1/4 cup butter
1 egg	2 tbsp. cocoa
1/2 tsp. salt	1/2 tsp. soda
1/2 cup sour milk or cream	1 tsp. baking powder
1 1/2 cups flour	1 tsp. vanilla

1/2 cup boiling water added last thing.

#### FILLING FOR CAKE:

1/2 tbsp. cocoa	1 cup granulated sugar
1 tbsp. butter	1 desertpoonful corn starch
1/2 cup cold water	

Mix well and add: 1/2 cup hot water, cook till creamy. Flavor with vanilla and a pinch of salt.

Mrs. W. J. Major, 155 Helmsdale Ave.,  
East Kildonan.

### LEMON JELLY CAKE

3 eggs	1 cup white sugar
1/2 cup Butter, (creamed)	3/4 cup sweet milk
1 3/4 cups flour	2 tsp. baking powder
Bake in layers.	

#### FILLING:

1 egg	1 cup water
1 lemon juice	3/4 cup sugar
Pinch of salt	1 tbsp. corn starch

Cook in boiling water until creamy.

Mrs. Burrell, Grand Narrows.

### FRENCH CREAM CAKE

3 eggs	4 tbsp. water
1 1/2 cups flour	1 cup sugar
	2 tsp. baking powder

Bake in two tins, split and spread with filling.

#### FILLING:

Two cups sweet milk, heat and when nearly boiling add two tablespoonfuls corn starch, wet with a little cold milk, then add two eggs beaten well, flavor with maple flavoring to taste.

Mrs. Burrell, Grand Narrows.

### GEORGIA LAYER CAKE

#### WHITE LAYER:

Cream  $\frac{1}{2}$  cup butter with 1 cup sugar. Add  $\frac{1}{2}$  a cup milk. Sift in 2 cups flour, 2 tsp. baking powder,  $\frac{1}{2}$  tsp. salt. Flavor with vanilla. Add stiffly beaten whites of 3 eggs. Bake in layers.

#### GOLD LAYER:

$\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 1 cup flour, 1 tsp. baking powder,  $\frac{1}{2}$  tsp. salt, the beaten yolks of 3 eggs. Flavor with lemon. Bake in single layer.

#### FILLING:

Scald 1 cup milk and let partly cool. Add to it 1 cup sugar, sifted with 4 tbsp. corn starch and  $\frac{1}{2}$  a tsp. salt. Cook in double boiler until thick. To one half the mixture add 3 tbsp. melted chocolate. To the other half add  $\frac{1}{4}$  cup chopped nuts. Put cake together with gold layer in centre. Ice with boiled icing and sprinkle with shredded cocoanut. (All measurements are level.)

Mrs. V. E. Phillippa, Dauphin, U.F.W.M.  
Dist. Director.

### MOLASSES CAKE (Without eggs)

1 cup butter, lard or dripping	1 cup sugar
1 cup hot water	1 cup molasses
4 cups flour	1 tsp. baking soda
1 cup currants	1 tsp. cinnamon
1 tsp. cloves	1 tsp. allspice

Put in bread pan, with buttered paper, and bake 1 hour in slow oven.

Miss Verna Wilson, Grand Narrows.

### PLAIN FRUIT CAKE

$1\frac{1}{2}$ cups sugar	1 cup lard
1 tbsp. butter	3 eggs
1 cup buttermilk	$\frac{3}{4}$ cup molasses
$1\frac{1}{2}$ cup raisins	$1\frac{1}{2}$ cups currants
1 tsp. each kind of spice	1 tsp. lemon and vanilla.
Pinch of salt	1 tsp. baking soda
$3\frac{1}{2}$ cups flour	

Bake slowly in moderate oven for at least one hour.

Miss Dorothy Pitfield, Grand Narrows.



**DEVIL'S CAKE**

Take  $\frac{1}{2}$  cup boiling water. Add  $\frac{1}{2}$  cup chopped chocolate (good measure) and 1 tsp. baking soda. Keep in the bowl in a warm place till used.

Mix in another bowl.  $1\frac{1}{2}$  cups white sugar or 2 cups of brown.  $\frac{3}{4}$  cup dripping or  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup dripping. 2 eggs.

Beat these together thoroughly and let stand till the sugar is dissolved. Add  $\frac{1}{2}$  cup sour milk (not buttermilk) and 2 or  $2\frac{1}{2}$  cups of flour (depends on brand). Add  $1\frac{1}{2}$  tsp. vanilla and 1 good tsp. salt. Beat these together. Add the hot chocolate and blend by beating lightly. Cook.

**FROSTING FOR ABOVE:**

1 tbsp. cocoa	1 cup icing sugar
1 tsp. vanilla	Butter size of walnut

Boiling water to make consistency to spread.

Mrs. Jas. Elliott, Cardale. Man.

**PINEAPPLE CAKE**

$\frac{1}{2}$ cup butter	1 cup sugar
2 cups flour	2 eggs yolks beaten
$\frac{1}{4}$ tsp. salt	4 tsp. baking powder

$\frac{3}{4}$  cup syrup drained from crushed pineapple.

Mix well together and add 2 egg whites well beaten.

Bake in layer tins in a moderate oven.

**ICING:**

2 egg whites	2 cups icing sugar
$\frac{3}{4}$ cup well drained crushed pineapple.	

Beat eggs, add sugar and pineapple, and beat well.

Add sufficient sugar to make a stiff icing. Spread between layers after cooled and serve with whipped cream.

Mrs. W. J. Major, 155 Helmsdale Ave.,  
East Kildonan.

**SOUR CREAM RAISIN CAKE**

1 cup sour cream	1 cup sugar
2 eggs	2 cups flour
1 tsp. soda	$\frac{1}{2}$ tsp. salt
1 cup raisins, cut up fine	1 tsp. cinnamon
1 tsp. cloves	1 tsp. nutmeg
1 tsp. vanilla	

Mix in order given, adding egg whites last, (stiffly beaten.)

Mrs. Dick Empson, Provencher, Dist.

**BIRTHDAY CAKE**

2 eggs	1/2 cup sour milk
1 cup brown sugar	1/2 cup butter
1 cup raisins	1 cup currants
2 tbsp. molasses	1 tsp. cinnamon
1 tsp. nutmeg	1 tsp. mace
1 tsp. baking soda	Flour to stiffen.

Mrs. H. Wilson, Grand Narrows.

**CHRISTMAS CAKE**

1 lb. butter	3/4 lb. raisins
3/4 lb. sultan raisins	1 lb. currants
1 lb. sugar	6 oz. mixed peel
6 oz. almonds	1 lb. flour
8 eggs	1 lemon rind and juice

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

**LOAF CAKE**

Dissolve 1 tsp. soda in 3 tbsp. luke warm water. Add 1 cup sour cream, 1/2 cup good molasses, 1 scant cup brown sugar, stir and then add 3 cups pastry flour, 1 tsp. cinnamon, 1/2 tsp. nutmeg, 1 tsp. ginger. Pour in greased paper lined bake tins, fill not over 2 inches thick. Bake in moderate oven.

Mrs. T. Dixon, Grand Narrows.

**GINGER BREAD**

1 1/2 cups flour (sifted)	1/2 cup sour milk
1/2 cup sugar	1/2 cup molasses
1/8 cup soft butter	1 egg (unbeaten)
1 tsp. soda	1 tsp. ginger

Do not beat very much. Bake 20 minutes in moderate oven in shallow pan.

**NUT BREAD**

4 cups flour	1 tsp. salt
1 cup sliced walnuts	1 cup sugar
2 eggs	4 tsp. baking powder
1 1/2 cups milk	

Put all dry ingredients together. Mix milk and eggs and add to dry ingredients. Let rise 20 minutes. Bake 45 minutes in moderate oven.

## MARBLE CAKE

## WHITE PART:

3 tbsp. shortening	1/2 cup sugar
1/2 tsp. lemon extract	1/2 cup milk
1 cup flour	2 tsp. baking powder
1/4 tsp. salt	1 egg white

Cream shortening; add sugar slowly, add flavoring and milk. Beat well and add flour sifted with baking powder and salt. Mix in beaten egg white.

## DARK PART:

3 tbsp. shortening	1/2 cup sugar
1 egg yolk	1 cup flour
2 tsp. baking powder	1/4 tsp. salt
1/2 tsp. cloves	1/2 tsp. allspice
1 tsp. cinnamon	2 tbsp. cocoa

Cream shortening; add sugar slowly; add egg yolk and mix well. Mix in milk; add flour, baking powder, salt, spices and cocoa, which have been sifted together. Put this batter by spoonfuls and same amount of white batter alternately into greased pan, but do not mix. Bake in a moderate oven about 45 minutes. Cover with any icing.

Mrs. Dick Empson, Provencher, Dist.

## FUDGE CAKE

1 1/4 cups flour	1 1/2 cups white sugar
1/2 cup butter	2 eggs
1 tsp. vanilla	Pinch of salt
1/2 cup milk	2 oz. grated chocolate or
1 1/2 tsp. cream of tartar	2 tbsp. cocoa
1 tsp. soda, (dissolved in water)	3/4 cup boiling water

Bake in 2 layers. Use date filling and ice with thick chocolate icing. Nuts may be used in cake or filling.

Mrs. Dick Empson, Provencher, Dist.

## RASPBERRY CAKE

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup butter
1 cup raspberries (cooked)	3 eggs
1 tsp. soda	$1\frac{1}{2}$ cups flour

Mrs. C. B. McLean, Wicklow, U.F.W.M.

## FLAKE CAKE

2 egg yolks	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup syrup or molasses
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ tsp. ground cloves
1 tsp. soda	Flour to thicken

Mrs. A. G. McKennon, Wicklow, U.F.W.M.

## DATE CAKE

3 cups quick oatmeal	$\frac{1}{2}$ lb. butter
2 cups brown sugar	1 tsp. salt
1 tsp. soda	2 cups flour

Sift flour, salt, soda and mix thoroughly with the oatmeal and flour and sugar. Work in butter with the hands. Spread half the mixture in bottom of pan, spread date filling over it and the balance of mixture on top. Bake in moderate oven. Can be baked in a long pan.

Mrs. W. R. Kendrick, Wicklow, U.F.W.M.

## DATE CRUMB CAKE

$\frac{3}{4}$ cup shortening	$1\frac{1}{2}$ cups oatmeal
$\frac{3}{4}$ cup brown sugar	1 tsp. soda sifted with flour.
$1\frac{1}{2}$ cups flour	

Rub to crumbs and put half of crumbs in bottom of pan, add date filling, then remainder of crumbs. Cook to a moderate brown.

Mrs. W. Stanger, Portage la Prairie.

## RASPBERRY CAKE

1 cup sugar	$\frac{1}{2}$ cup butter
2 cups flour	1 cup raspberries
2 tbsp. sour cream	1 tsp. soda
2 eggs	

Mrs. A. R. Gray, Secretary.

## MOLASSES LAYER CAKE

1 cup white sugar	1 tsp. baking soda
2 eggs	Dissolved in $\frac{1}{2}$ cup hot water
$\frac{2}{3}$ cup butter	and fill cup up with sweet milk.
1 tsp dark molasses	2 tsp. baking powder.
2 cups of flour sifted three times.	

## FILLING:

$\frac{1}{2}$  pkg. dates, a little sugar and a little butter, cook slowly until soft.

## ICING:

Whites of two eggs beaten stiff.  $1\frac{1}{2}$  cups brown sugar  $\frac{1}{4}$  cup water. Let sugar and water boil until brittle then beat into egg whites until light, and ice cake.

Mrs. Lorne McKillop, Dauphin.

## APPLE SAUCE CAKE

2 cups brown sugar	1 cup butter
1 tsp. cassia	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{4}$ tsp. cloves	2 cups raisins
Mixed peel	Orange juice

3 cups cold sweetened apple-sauce. (Rhubarb, or any other cooked fruit may be substituted in place of apple-sauce.)

4 level tsp. soda mixed with sauce.

1 or 4 cups sifted flour 1 tsp. salt

Mrs. John McKillop, Dauphin Plains.

## MATRIMONY CAKE

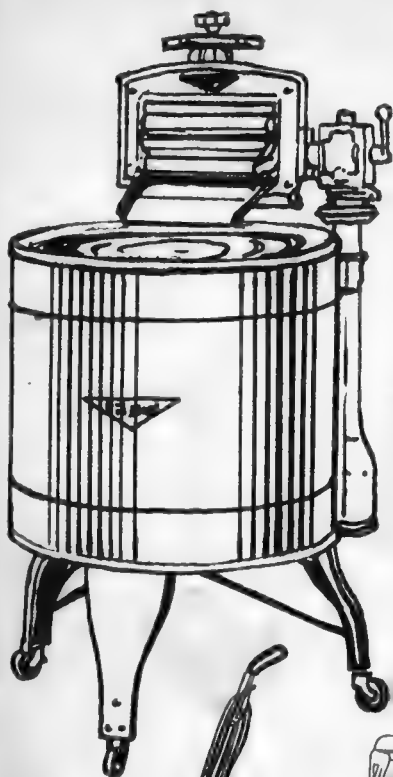
2 cups flour	1 tsp. baking powder
$1\frac{1}{2}$ cups brown sugar	$\frac{3}{4}$ cups butter
2 cups oat meal	1 tsp. salt.
Mix like pie paste.	

## FILLING:

1 lb. dates, (cold)  $\frac{3}{4}$  cup sugar

Cook in slow oven.

Mrs. Stelcke, Dauphin Plains.

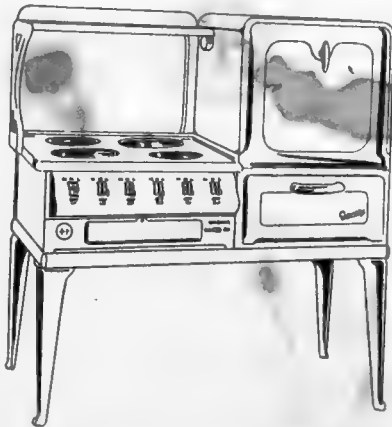


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WINNIPEG, MAN.

**SOUR CREAM CAKE**

2 cups sour cream	1 1/2 cups brown sugar
1 egg	2 tsp. soda
2 tsp. cinnamon	1 tsp. nutmeg
1 tsp. cloves	2 cups raisins

Enough flour to make not too stiff.

Mrs. McPhail, Butler, Man.

**POOR MAN'S GINGERBREAD**

1 cup molasses	1/2 cup sugar
1 egg	2/3 cup buttermilk
1 cup lard or butter	1 tbsp. ginger
1 tbsp. cinnamon	1 tsp. baking soda
2 cups flour	

Mrs. A. C. McKnight, Grand Narrows.

**DATE LOAF**

1 lb. dates, (cut fine)	1 tsp. soda
3/4 cup white sugar	1 tbsp. butter
3/4 cup boiling water	1 3/4 cups flour
1 egg yolk	1 tbsp. vanilla

Sprinkle soda over dates, then pour boiling water over this. Add sugar and butter and let cool. Add the egg yolk and 1 heaping tablespoon of vanilla and flour. Bake in a loaf pan in a slow oven for 1 hour.

E. Robinson, Provencher Dist.

**WALNUT CHOCOLATE CAKE**

4 tbsp. cocoa	1/2 cup butter
1 cup sugar	1/2 cup milk
2 egg yolks	3/4 cup walnut meats
1 1/2 cups flour	2 1/2 tsp. baking powder
1/2 tsp. salt	2 tbsp. hot water
1 tsp. vanilla	2 egg whites

Cream butter and sugar, add beaten egg yolks and milk alternately with sifted flour, add salt and baking powder. Mix cocoa with hot water, add vanilla and broken nuts and stiffly beaten egg whites. Bake in shallow pan, cover with white frosting, and arrange halves of walnuts on top.

Mrs. Frank Whiteside.

**CHOCOLATE CAKE**

2 cups brown sugar	1/2 cup cocoa
1/2 cup butter	1/2 cup boiling water
2 eggs	1/2 cup sour milk
2 cups flour	1 tsp. soda

Cream butter and add sugar. Add yolks of eggs. Mix cocoa and boiling water and add to first mixture. Add alternately the dissolved soda in milk, beaten egg whites and flour. Bake in two layers.

K. H. Bancroft, Winnipeg, Man.

**MARBLE COCOA CAKE**

1 1/2 cups brown sugar	1/2 cup butter
2 eggs	1 tsp. soda
1 cup sweet milk (or more)	2 cups flour
Pinch of salt	

Cream butter and sugar, add eggs and salt, mix soda in the flour and add alternately with milk, beat well and add 1 tsp. vanilla.

Put 2/3 of the mixture into your cake pan and add 1 1/2 tsp. cocoa to the remaining mixture. Drop over the first mixture in the cake pan. Bake in a moderate oven.

Mrs. R. Whiteside.

**PRINCE OF WALES CAKE**

1/2 cup butter	1 cup sugar
1 tbsp. molasses	1/2 tsp. soda
1 cup sour milk	2 eggs
1 tsp. baking powder	1 cup chopped raisins
2 cups flour, (scant)	

Cinnamon and nutmeg to taste.  
Bake in moderate oven.

Mrs. Jas. McKelvey, Homefield Local.

**DATE CAKE**

3 eggs	2 tsp. soda
1 1/2 cups white sugar	2 cups flour
1 cup butter	1 cup walnuts
1 cup warm water	1 lb. dates
Vanilla	

Cream butter, add sugar and eggs. Beat well. Dissolve soda in the water and add alternately with flour to first mixture. Add chopped nuts and dates and flavor with vanilla. Bake in a moderate oven.

Mrs. L. P. Bancroft, Winnipeg, Man.



## COCOANUT SLICE

1/2 lb. flour (2 cups)	1/4 lb. butter (1/2 cup)
3 oz. sugar (6 tbsp.)	1/4 tsp. baking soda

Mix to stiff paste with milk. Roll out in pie tins 1/2 an inch thick. Spread with jam and cover with mixture.

## MIXTURE:

2 oz. cocoanut 1 1/2 oz. sugar.  
 Mix with one beaten egg.  
 Bake until done, about 25 minutes.

Mrs. Hutchison.

## CHRISTMAS CAKE

An old English Bakers Recipe. Can be used for any purpose, such as Wedding or Anniversary Cakes.

2 1/2 lbs. flour (10 level cups)	12 eggs
1 1/4 lbs. brown sugar (3 1/4 cups)	1 1/4 lbs. butter (2 1/2 cups)
1 lb. sultanas (2 cups)	1 lb. currants (2 1/2 cups)
1/2 lb. almonds	1/2 lb. mixed peel
	1 oz. baking powder

Wine glass of brandy, port wine or vanilla.

## METHOD:

- 1st.—Prepare fruit and nuts.
- 2nd.—Warm and mix thoroughly butter and sugar. Add eggs beating them in one at a time. Add flavoring.
- 3rd.—Mix fruit, nuts, a little flour and baking powder together.
- 4th.—Add to butter and eggs a little at the time beating all the while. If not moist enough add a little milk with discretion. Beat well. Makes 3 large layers.

Mrs. Hutchison.

## CHOCOLATE CAKE

1 cup sugar	1/2 cup butter
2 eggs	1/2 cup sour milk
1 tsp. baking soda	1 section chocolate
1 large cup flour	

Mrs. Chas. Locke, Dauphin Plains.

## NUT BREAD

To one well beaten egg add breakfast cup of sugar 3 cups flour, sifted with 4 heaping teaspoons of baking powder and  $\frac{1}{2}$  teaspoon of salt.

Add alternately with  $1\frac{1}{2}$  cups of milk, 1 cup of cleaned raisins and 1 cup of chopped dates.

Mix raisins and dates in flour and stir in. Put into a greased bread tin and let stand for 20 minutes. Bake 50 minutes in a moderate oven.

Mrs. A. Lissimare, Toronto.

## DUNDEE CAKE

6 oz. butter	4 eggs
4 oz. caster sugar	4 oz. currants
4 oz. sultanas	$1\frac{1}{2}$ oz. ground almonds
$1\frac{1}{2}$ oz. mixed peel	1 lb. flour
Grated rind of 1 lemon	1 tsp. baking powder

Mix well together and bake in a moderate oven for 2 hours.

Mrs. A. Smith, Ingleside, Washway Road.  
Ashton-on-Mersey, Manchester.

## SEED CAKE

4 oz. butter	1 tsp. carraway seeds
7 oz. sugar	1 tsp. baking powder
$\frac{3}{4}$ cup milk	8 oz. flour
3 eggs	

Beat eggs and sugar, add milk, then flour by degrees, butter (melted), baking powder and seed last. Bake 45 minutes.

Mrs. E. G. Hampson, 11 Hardman Ave.,  
Sedgley Park, Manchester.

## MOORE CAKE

$\frac{1}{2}$ lb. butter	$\frac{1}{4}$ lb. sugar
$\frac{1}{2}$ lb. currants	$\frac{1}{4}$ lb. raisins
2 oz. cherries	2 oz. ground almonds
1 tsp. spice	$\frac{1}{2}$ lb. flour
$\frac{1}{2}$ tsp. Baking Powder	2 eggs

Mix with milk to light dough.

Mrs. Britland, 547 Tonge Moor Road,  
Bolton, England.

## ORANGE OR LEMON JELLY CAKE

2 egg yolks	1 cup sugar
6 tbsp. hot water or milk	$\frac{1}{4}$ tsp. lemon extract
2 egg whites	$\frac{3}{8}$ cup Swans Down flour
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ tsp. salt

Beat yolks until thick and lemon colored. Add gradually half the sugar, beating vigorously. Add liquid and flavoring. Beat egg whites until stiff, gradually beat remaining sugar into them and fold into mixture. Sift in remaining dry ingredients. Butter and flour two round pans, turn in mixture and bake 20 minutes in moderate oven.

Turn orange or lemon jelly into pan same size as cake, making it  $\frac{1}{2}$  or  $\frac{3}{4}$  of an inch thick. When set, turn out carefully on one cake, cover with the other and spread with orange or lemon frosting.

(Use jelly powder for making the jelly.)

## BOILED FROSTING FOR CAKE:

1 cup granulated sugar	$5\frac{1}{3}$ tbsp. boiling water
1 egg white	Flavoring

Put sugar and water into granite pan and stir until sugar is dissolved; bring to boiling point and cook without stirring to 238° F. or until syrup will leave a hair like thread from fork. Remove from heat and pour over stiffly beaten egg white. Beat until it will spread. Flavor with  $\frac{1}{2}$  tsp. lemon juice or grate in the rind of one orange, just after adding syrup to egg whites (2 egg whites are better.)

Mrs. F. W. Crossley, Wicklow, U.F.W.M.

## JELLY ROLL

3 eggs	1 cup sugar
2 tbsp. sweet milk	1 cup flour
1 tsp. baking powder	

Beat yolks, sugar and milk together, sift baking powder in with flour and add well beaten egg whites (beaten to stiff froth); add last, folding in. Bake in a hot oven, turn out, spread with jelly roll up while warm.

Mrs. J. A. McClelland, Provencher, Dist.

# The Proof



The proof of the pudding (pie or roast) is in the eating.

The proof of Co-operation is in the record of these Co-ops.

In the WHEAT POOL 21,000 Manitoba farmers work together to market their grain in an orderly manner—at cost.

Every Co-operator will, logically, sell his grain through the Wheat Pool.

In the WAWANESA MUTUAL 60,000 Westerners insure themselves against fire loss to a total of 165 million dollars—at lower rates.

Every Co-operator will, logically, place his insurance with the Wawanesa Mutual.

In the LIVESTOCK CO-OP 5,000 Manitoba stockmen link up with a Canada wide Pool to market improved products—at cost.

Every Co-operator will, logically, sell all his livestock through the Livestock Co-operative.

In the CO-OPERATIVE DAIRIES 7,000 Manitoba Dairymen operate plants at Dauphin, Brandon, Winnipeg - returning all profits to producers.

Every Co-operator will, logically, sell all his cream through the Co-operative Dairies.

In the POULTRY POOL 12,000 Manitoba producers market eggs and poultry on a service at cost basis.

Every Co-operator will, logically, sell his eggs and poultry through the Poultry Pool.

In the WOOL POOL sheepmen have perfected a medium for selling their wool—graded—on a co-operative basis.

Every Co-operator will, logically, sell his wool through the Wool Pool.

In the FISH POOL fishermen have united to improve Manitoba fish products and marketing conditions.

Every Co-operator will, logically, support the Fish Pool.

In the CO-OPERATIVE WHOLESALE 1200 families in 45 communities are combined to buy supplies on the true Rochdale basis—with all profits returned to the consumer.

Every Co-operator will, logically, buy through his Consumers local from the Co-op Wholesale.

This advertisement is inserted by the

## Manitoba Co-operative Conference

In which these eight Co-operatives have joined to spread the gospel of Co-operation in Manitoba—believing that

Co-Operation is the Right Way  
to Sell - to Buy - to Live

## DREAM CAKE

1 cup flour		1/2 cup butter
1/4 cup brown sugar		

Bake like shortbread until golden brown.

In the meantime prepare the following mixture:—

2 eggs		1 1/4 cups brown sugar
1/2 cup shredded cocoanut		1/2 cup chopped walnuts
1/2 tsp. baking powder		3 tsp. flour
Vanilla to flavor.		

Pour this on to the hot shortbread. Return to the oven and bake very slowly, perhaps 3/4 of an hour or 1 hour until the top layer is well set.

Mrs. A. J. M. Poole, Kelwood, Man.

## DATE CAKE

2 eggs		1 cup brown sugar
1/2 cup butter		1 tsp. vanilla
1/2 cup warm water		1 tsp. soda
1 1/2 cups flour		1 lb. dates
1/2 cup chopped walnuts		

Cream eggs, sugar and butter, then add soda dissolved in the warm water. Add flour, then dates and nuts, and flavoring. Bake in a moderate oven.

Mrs. Ralph Wilson, Pilot Mound, Man.

## SMACK CAKE

1 1/2 cups flour		1/2 cup butter
1/2 cup sugar, (white)		2 egg yolks
1 tsp. vanilla		1 tsp. baking powder
1 cup brown sugar		2 egg whites
Pinch of salt		1 cup chopped walnuts

Take flour, white sugar, butter and rub well into the flour, then add eggs (yolks) well beaten, also vanilla and baking powder and mix altogether, which will be dry and crumbly. Then put in a greased long tin. For the top of the cake, beat up brown sugar, walnuts, and whites of two eggs, altogether and spread on top of cake and bake in a moderate oven for 20 minutes. Very good.

Mrs. Cameron, West Kildonan, Winnipeg.

**FRENCH CAKE**

$\frac{1}{2}$ cup butter		1 cup sugar
2 cups flour		3 tsp. baking powder
1 cup milk		1 tsp. lemon or vanilla

Beat all together, Add: 1 cup stoned raisins, break 3 eggs whole and stir quickly. Cook with steady fire.

Mrs. A. R. Gray, Secretary.

**OATMEAL CAKE**

2 eggs		1 cup sugar
$\frac{1}{2}$ cup butter		1 lb. dates and walnuts
1 cup sour milk (scant)		1 cup oatmeal
1 tsp. soda		$1\frac{1}{2}$ cups flour

Mrs. A. R. Gray, Secretary.

**BUTTERMILK CAKE**

$\frac{1}{2}$ cup butter		1 lemon peel
$1\frac{1}{2}$ cups buttermilk		$1\frac{1}{2}$ cups brown sugar
1 cup raisins		2 tsp. soda
1 tsp. nutmeg, cloves and cinnamon		1 cup currants
		3 cups flour

Cream butter and sugar. Add buttermilk and lastly the fruit.

Mrs. Geo. Woods, Neepawa, Man.

**FRUIT CAKE (XMAS)**

1 lb. brown sugar		$\frac{3}{4}$ lb. butter (mixed with sugar)
3 tsp. mixed spice		2 tsp. baking powder
8 eggs, (white & yolk beaten separately)		3 lbs. sultana raisins
1 lb. flour (or more)		1 cup citron peel
1 cup almonds		

Mrs. Hilda M. Tovell, Winnipeg, Man.

**SWEET CREAM SPONGE CAKE**

Break two eggs into the bottom of a cup and fill the cup with cream. Beat well and add 1 cup of sugar and flavoring to taste,  $2\frac{1}{2}$  cups flour and 3 tsp. baking powder. Bake in a quick oven.

Hazel Stockford, Altamont, Man.

**CHOCOLATE CAKE**

1 cup white sugar	1/2 cup butter
1 egg	1 cup sour milk
1 1/2 cups flour	3 tbsp. cocoa
1 tsp. soda	

Mix sugar and butter then add eggs; then beat. Add sour milk and soda, then flour and cocoa which has been sifted three times. Lastly add 3 tbsp. boiling water and beat. Bake in a moderate oven.

Mrs. E. M. Tackaberry, Brandon, Man.

**BUTTERMILK CAKE**

1 cup brown sugar	1 cup raisins
1 cup buttermilk	1/4 cup lard or crisco
1 tsp. cinnamon	1 tsp. soda
1 tsp. cooking molasses	2 cups flour

Mrs. Fred Hamilton, Winnipeg, Man.

**DATE AND NUT CAKE**

2 eggs	1 cup sugar
1 cup walnuts	1 pkg. dates
1/2 cup butter	1 1/2 cups flour

1 tsp. soda dissolved in 1 cup of cold water.

Mix all together except soda and water and add these last.

Mrs. Harry Gunnlaugson, Baldur, Man.

**GINGER BREAD**

1 1/2 cups flour (sifted)	1/2 cup sour milk
1/2 cup sugar	1/2 cup molasses
1/8 cup butter	1 egg (not beaten)
1 tsp. soda	1 tsp. ginger

Do not beat very much. Bake 20 minutes in moderate oven in shallow pan.

Mrs. Geo. Woods, Dumfries, Man.



### COFFEE CAKE

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1 cup strong coffee        | 3 tsp. baking powder                |
| 1 cup sugar                | 1 tsp. cloves, cinnamon and nutmeg  |
| $\frac{1}{2}$ cup butter   | Raisins, dates or nuts may be added |
| $\frac{1}{2}$ cup molasses |                                     |
| $4\frac{1}{2}$ cups flour  |                                     |

Mrs. Jim Johnson, Grand Narrows.

### BANANA CAKE

- |                      |                           |
|----------------------|---------------------------|
| 1 cup white sugar    | $2\frac{1}{2}$ cups flour |
| 1 cup milk           | $\frac{1}{2}$ cup butter  |
| 2 tsp. baking powder | Lemon flavoring           |
- Place slices of bananas between layers and on top.

Mrs. Norah MacGuire, Grand Narrows.

### DATE CAKE

- |                       |                      |
|-----------------------|----------------------|
| 1 cup brown sugar     | 1 tsp. baking soda   |
| 2 cups rolled oats    | 1 cup butter or lard |
| 1 cup chopped walnuts | 1 cup flour          |
| Bake in a slow oven   | 1 lb. dates          |

Mrs. George Murray, Grand Narrows.

### ICE-CREAM CAKE

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 cup white sugar               | 2 tbsp. butter, (softened) |
| $\frac{1}{2}$ cup milk          | 3 eggs                     |
| $1\frac{1}{2}$ large cups flour | 2 tsp. baking powder       |

This makes two layers. When cold spread the following custard, between the layers, and ice the top.

#### CUSTARD FILLING:

- |               |                             |
|---------------|-----------------------------|
| 1 cup milk    | 1 dessert spoon corn starch |
| 2 tbsp. sugar | 1 egg                       |

Heat the milk to near boiling. Add corn starch, dissolved in part of the milk, then add egg, well beaten with the sugar. Flavor with pineapple or vanilla. This makes a very good cake.

Mrs. A. Lissimare, Toronto.

### CHOCOLATE CAKE

Boil together  $\frac{1}{2}$  cup cocoa or chocolate with  $\frac{1}{2}$  a cup of sweet milk. When partly cool add 1 cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 tsp. baking soda, 1 tsp. vanilla. Bake in layers.

Miss Ethel Burrell, Grand Narrows.

**Fire  
Prevention  
Week**



**Fire  
Prevention  
Week**

**October 6th to 12th**

**MANITOBA'S  
FIRE LOSS  
FOR 1928**

<b><i>Twenty-two</i></b>	<b><i>\$2,384,923.00</i></b>
<b><i>[22]</i></b>	<b><i>in Property</i></b>
<b><i>Human Lives</i></b>	<b><i>Destroyed</i></b>

**WILL YOU HELP**

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and wasted dollars?***

By co-operating with the Fire Prevention Branch of this Province in an effort to eliminate the causes of fire, 70% which are due to carelessness, i.e.,

1. Careless smoking
2. Careless use of gasoline.
3. Kindling fires with coal oil.
4. Careless use of electrical devices.
5. Careless disposal of hot ashes.
6. Defective chimneys.

Issued by authority of  
HON. W. R. CLUBB  
Minister of Public Works  
and Fire Prevention Branch

E. McGRATH,  
Provincial Fire Commissioner,  
Winnipeg.

## VINIRTERTA CAKE

(Seven to nine layers)

- |                     |                       |
|---------------------|-----------------------|
| 1½ cups white sugar | 2 eggs                |
| ⅓ cup butter        | ½ cup milk (generous) |
- 1 tsp. baking powder per cup of flour.  
 5. or 6 cups flour - sufficient to roll thin.  
 1½ lbs. prunes, soaked and boiled then stoned, sweetened and cooked to a thick mush, or 2 lbs. dates for filling.

Mrs. J. H. Sibbald, Winnipeg, Man.

## DUTCH CAKE

- |                                       |                  |
|---------------------------------------|------------------|
| 1 cup brown sugar                     | ½ cup molasses   |
| 1 egg                                 | 1 tbsp. butter   |
| 1 tsp. soda (dissolved in sour cream) | ⅔ cup sour cream |
| Bake in layers                        | 1⅔ cups flour    |
- ICING:
- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 cup brown sugar                 | ½ cup sour cream      |
| 1 cup sultana or seedless raisins | Boil until it threads |

Mrs. A. F. Arbuckle, Neepawa, Man.

## WHITE LAYER CAKE

- |                 |                            |
|-----------------|----------------------------|
| 3 eggs (whites) | ½ cup butter               |
| 1½ cups sugar   | 3 cups flour               |
| 1 tsp. vanilla  | ½ cup milk                 |
| ½ cup water     | 3 level tsp. baking powder |
| ¼ tsp. salt     |                            |

Cream the butter and add gradually 1 cup of sugar, then add a few drops of milk and add gradually the rest of the sugar. Sift flour and baking powder twice and add salt. Add this to the first mixture alternately with the rest of the milk and the water. Add the vanilla and lastly fold in the stiffly beaten whites of the eggs. Bake in 3 layers.

Mary H. Grassick, Pilot Mound, Man.

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## CHOCOLATE SEA-FOAM

From



# FAT EMMA

Or

# PIE FACE

## For Covering the Top of the CAKE

You will find this very economical and inexpensive, and **DELICIOUS** when made up.

The ingredients of **FAT EMMA** and **PIE FACE** are most wholesome and nutritious.

Read the letter below showing how to get a delightful covering—

Vancouver, B.C., June 12, 1928

The W. J. BOYD COMPANY LTD.,  
Winnipeg, Manitoba

Gentlemen:—

My friends often compliment me on one of the icings used on my cakes and which they think is home made.

This icing is simply made by splitting Fat Emma Bars lengthwise, slightly melt the Marshmallow over the steam from the spout of a tea kettle and place at once on the cake.

Nothing could be more delicious and also inexpensive. I never risk a failure and it is quickly done.

If this information were generally known it would doubtless result in a considerable increase in the sale of this confection.

Name on Request.

## THE W. J. BOYD CO. LIMITED

WINNIPEG — CANADA

## ICING & FILLING RECIPES

•••••

### MARSHMALLOW CREME

1 round tsp. gelatine, soaked 5 minutes in  $\frac{1}{4}$  cup water (cold)  
 2 cups sugar - boiled with - 1 cup water  
 Add gelatine to syrup, partially cool, and beat.  
 Add  $1\frac{1}{2}$  tsp. flavoring, pinch of salt. One egg white stiffly beaten.  
 Pour into sealers and store in a cool place. (Makes 2 pints).  
 Beat with a fork before using.

Mrs. T. W. McClelland, Vice-Pres. U.F.W.M.

### LEMON BUTTER

6 eggs		2 cups sugar
1 cup butter		3 lemons, juice and grated rind

Cook in double boiler until thick, about 10 minutes, beating with egg beater while cooking. Use for cake or tart filling.

Mrs. T. W. McClelland, Vice-Pres. U.F.W.M.

### BUTTERSCOTCH for Ice Cream or Pudding.

$1\frac{1}{2}$ cups brown sugar		$\frac{2}{3}$ cups Lily White syrup
---------------------------------	--	-------------------------------------

1 tbsp. butter and bring these slowly to a boil and boil till in forms a soft ball in water. Beat and cool slightly then whip in  $\frac{2}{3}$  cups sweet cream.

Mrs. Jas. Elliott, Cardale, Man.

### APPLE ICING

1 apple		Pinch of salt
1 egg white		icing sugar

Grate apple, add beaten egg white and salt, and beat in icing sugar to desired stiffness.

Maud McClelland, Provencher Dist.

### LEMON FILLING FOR CAKE

2 egg yolks		1 cup white sugar
Butter size of a walnut		1 lemon, rind and juice

Boil together and pour on cool cake.

Mrs. Carmichael, Sault Ste Marie, Ont.

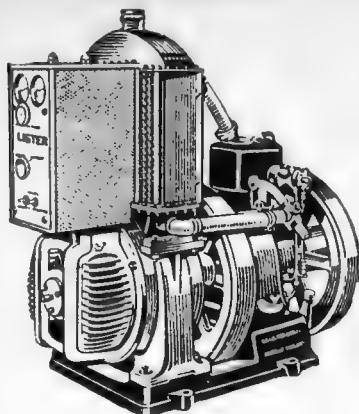
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Winnipeg - Regina - Edmonton - Calgary

Every truck should be  
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## Gregg Overload Springs

They increase the carrying capacity of your regular truck equipment by at least 50%.

The Gregg Overload Spring in no way interferes with the usual spring action on your truck.

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We specialize in detail  
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ORANGE BUTTER ICING

$\frac{1}{4}$ cup orange juice		Grated rind $\frac{1}{2}$ orange
1 tsp. lemon juice		1 tsp. butter
icing sugar		

Put the orange and lemon juice and grated rind on the top of a double boiler. Add butter and when it has melted take from fire and add enough confectioner's sugar to make an icing of the right consistency to spread.

M. A. Forge, Winnipeg, Man.

LEMON CHEESE

$\frac{1}{4}$ lb. butter		1 lb. white sugar
3 eggs		Grated rind of 2 lemons
Juice of 3 lemons		

Put in pan and cook until it looks like honey, stirring all the time.

Maud McClelland, Provencher Dist.

LEMON FILLING

$\frac{1}{2}$ cup white sugar		1 egg
1 tbsp. butter		Juice of 1 lemon

Beat together and boil until like jelly.

Mrs. J. W. Breckon, Provencher Dist.

LEMON CURD

2 oz. butter		3 eggs
$\frac{1}{2}$ lb. sugar		Juice and grated rind of 2 lemons

Beat up the eggs, melt butter in a lined pan, add sugar, juice and lemon rind and lastly stir in the eggs and keep stirring until it thickens. When nearly boiling put away in containers.

Mrs. J. L. Brown

NUT TART FILLING

2 level tbsp. butter		1 cup brown sugar
1 egg		1 cup walnuts
$\frac{1}{2}$ tsp. vanilla		

Cream butter and sugar and add the egg well beaten. Chop the nuts coarsely and add to the mixture. Put in the vanilla and drop the filling into patty tins or muffin tins lined with pastry.

Margaret M. Speechly, Atwater, Sask.

## SANDWICH RECIPES

..❖❖❖..

### FRUIT SANDWICHES

Cream 3 tbsp. butter. Add 2 tbsp. chopped dates, 2 tbsp. crushed walnut meats, 1 tbsp. finely minced ginger, 1 tsp. lemon juice, and 2 tsp. strawberry jam. Mix thoroughly and spread on very thin slices of whole wheat bread.

E. A. Forge, Winnipeg, Man.

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### CHEESE AND NUT FILLING

Mix equal parts of cream cheese with nuts of any kind. Add enough sweet cream to soften, mustard salt and pepper to taste. Mix thoroughly and spread between thin slices of bread.

Mrs. C. Abbott.

---

### TOASTED ROLL SANDWICHES

Cut very fresh bread in as thin as possible slices, spread with creamed butter, roll and fasten with toothpicks. Just before using, put in oven and toast delicate brown.

If desired, cheese may be spread with the butter.

Mrs. Fred Hamilton, Winnipeg, Man.

---

### LUNCHEON MENUS

Chicken Salad  
Hot Biscuits  
Pickles  
Buttered peas or asparagus

Pineapple or strawberry  
sponge.  
Jelly or jam  
Coffee

Mabel Shaw, Sault Ste Marie, Ontario



## PUDDING & DESSERT Recipes



"If all had their desserts, who'd scape a whipping?"—Hamlet.



### STUFFED BANANAS

Cut off  $\frac{1}{4}$  of the ends, remove the pulp and press through a sieve. Add to each cupful the juice of  $\frac{1}{2}$  a lemon and 2 tbsp. of fine sugar. Whip a cupful of cream, fill shells, set on ice and serve with cake.

Mrs. H. D. Gourd, Arborg U.F.W.M.

---

### BANANA FRITTERS

1 cup flour  
Pinch of salt  
 $\frac{3}{4}$  cup sweet milk

1 tsp. baking powder  
1 egg  
Bananas sliced across.

Mix in order given, drop by spoonfuls in hot fat and fry delicate brown. Serve with lemon juice and powdered sugar or with a sauce.

Mrs. Fred Hamilton, Winnipeg, Man.

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### FRUIT TAPIOCA

To a quart of thinned fruit juice, add enough sugar to sweeten, a pinch of salt and a little flavor of cinnamon bark. Bring this to the boiling point and add  $\frac{1}{3}$  cup of tapioca. Cook in a double boiler until the tapioca is clear. Chill and serve.

The juice of cherries, currants, plums, grapes, oranges or lemons are appropriate for this dish. Water may be added to the fruit juice to give the desired flavor. Pineapple juice and pulp, or a sauce, with the pulp of any fruit, may be used. Rhubarb tapioca is good.

---

### BAKED BANANAS

Remove skins from 6 bananas, cut in halves, lengthwise, put in a shallow baking pan, mix 2 tbsp. melted butter,  $\frac{1}{3}$  cup sugar, 2 tbsp. lemon juice. Pour half this mixture over bananas. Bake 20 minutes in a slow oven. Baste during baking with remainder of mixture.

E. A. Forge, Winnipeg, Man.

---

## STONE CREAM "DESSERT"

One can pineapple cut in small pieces. Add juice and  $\frac{1}{2}$  cup of sugar. Let simmer 10 minutes. Put in a deep dish and pour following mixture over it.

1 pt. milk		$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ pkg. gelatine dissolved in		Pinch of salt
$\frac{1}{2}$ cup water		
3 egg yolks		

Cook in double boiler at least 15 minutes. When cool, add whites of eggs beaten stiff and beat thoroughly. Serve with whipped cream on top.

Miss Mable Johnson, Dist. Director U.F.W.M.  
Brandon, Man.

## FAVORITE SUMMER PUDDING

1 can shredded pineapple		$\frac{1}{2}$ box gelatine
$\frac{3}{4}$ cup sugar		1 pint cream

Pour juice of pineapple, put half of it on gelatine, and half on sugar, put sugar on to boil till it gets like syrup. Dissolve the gelatine and juice in it, and set off to cool. Have the cream whipped stiff, and beat in the syrup, gelatine and pineapple. Put aside until cold in a mold.

Mrs. J. Pallister, Dist. Director, U.F.W.M.  
Portage la Prairie, Man.

## ORANGE PUDDING

Peel and cut in bits five oranges, rejecting the seeds. Sprinkle a cup of sugar over it. Boil a pint of milk, to which add the yolks of three eggs, well beaten, with one tablespoonful of corn starch. When it thickens pour over the fruit. Beat the whites of the three eggs with a tablespoonful of sugar. Frost the pudding and brown it in oven. Substitute strawberries or peaches if desired.

Miss Effie McNeil, Bagot, Man.

---

**BANANA PUDDING**

3 bananas	1 cup sugar
4 eggs	1 cup stale cake crumbs
1 1/4 cups milk	3 tbsp. lemon juice
2 tsp. grated lemon rind	1/4 tsp. salt
4 tbsp. powdered sugar	

Peel, scrape and slice bananas. Sprinkle with lemon juice. Beat 2 whole eggs and yolks of 2 eggs with sugar, salt, lemon rind and milk. Add cake crumbs and bananas. Mix lightly and turn into a buttered baking dish. Bake 30 minutes in a moderate oven. Cover with meringue and bake ten minutes longer in a slow oven.

---

**CHERRY MOULD**

Cut stale bread in thin slices and trim off crusts. Dissolve one pkg. Wild Cherry Jelly Powder in one cup boiling water. Add to it 1 cup juice from canned cherries. Mix well. Dip slices of bread in the liquid and use them to line a cold wet mould or bowl. When sides and bottom are lined, add the cherries, (drained) from a pint jar of canned cherries, then pour in the remainder of the jelly mixture. Place more thin slices of bread on top of mixture and set in a cool place to harden. To serve, turn out and serve slices of pudding with an ice-cold custard sauce poured over them.

---

**PEACH MELLOW DESSERT****INGREDIENTS:**

Milk, water, cornstarch, sugar, butter, egg, cinnamon, peaches, lemon juice, and marshmallows.

**METHOD:**

Bring 1 cup milk and 1 cup water to a boil, add 2 tbsp. cornstarch mixed with water to make paste. Cook until constarch is cooked, (about 10 minutes), add 1 beaten egg and 1 tsp. butter, also about 2 tbsp. sugar.

Pare and slice 3 nice ripe peaches, sugar and cinnamon them. Take 9 marshmallows and mix with 2 tbsp. lemon juice and 1 tbsp. water. Dissolve the marshmallows and add to mixture, add peaches and mix together. Pour in a bowl and put on ice. Serve with whipped cream on top, garnished with cherries.

---



## ***"The Proof of the Pudding is in the Eating"***

Published in the West since 1882. The Nor-West Farmer today is still the outstanding Farm Journal in Western Canada.

The Nor-West Farmer interests and appeals to those who wish to keep fully informed on correct agricultural methods. The whole family looks forward with keen anticipation to its arrival, for it brings

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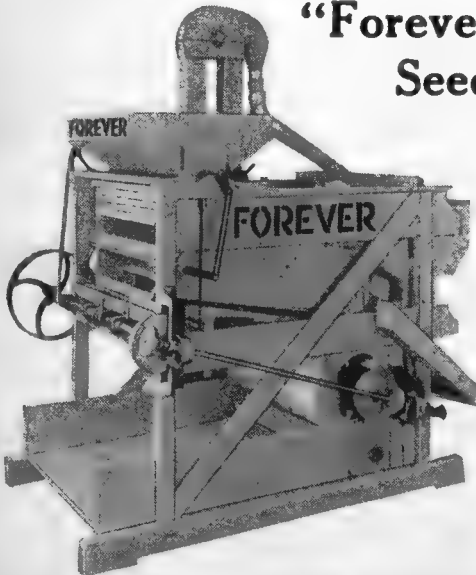
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**The Nor-West Farmer** Winnipeg, Canada  
The Pioneer Farm Journal of Western Canada



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### LEMON FOAM PUDDING

One cup white sugar, 4 cups boiling water, let sugar and water boil together, 2 tbsp. cornstarch, juice of 2 lemons; beat the whites of 2 eggs and beat all together.

Sauce for same:—Let 2 cups milk come to a boil, add 1 tbsp. cornstarch and yolks of 2 eggs, 1 tbsp. sugar.

### CARROT PUDDING

One cup grated carrot, 1 cup grated potato, 1 cup grated suet, 1 cup brown sugar, 1 cup raisins, 1 cup currants,  $1\frac{1}{2}$  cups flour, 1 tsp. salt, 1 tsp. soda, 1 tsp. cinnamon, a little nutmeg, milk to moisten, and steam 3 hours.

### APPLE SNOW

Two eggs (whites only), 3 stewed apples rubbed through a sieve, let cool, 1 cup powdered sugar, gradually add apple and beat till white (the more you beat the better.) Pile in a glass dish and garnish with dots of jelly.

### HONEY MILK MOUSSE

One cup hot milk,  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup honey 2 tbsp. cold water; mixed with 2 tsp. gelatine. 1 cup cold milk, few grains salt. Mix hot milk, sugar, honey and gelatine together well. Add 1 cup cold milk and the salt. Chill in refrigerator until firm (about half an hour.) Put in mixing bowl and beat until very light. Return to refrigerator tray and leave until firm. Serve with sauce made by adding one cup mild honey to two cups crushed berries. This mousse can be made with equal success in an ice cream freezer.

### SUMMERTIME PUDDING

One quart (or less) of milk, sugar to taste, and a little butter. Bring all to a boil. Add the yolks of 2 eggs, (well beaten) and 1 large heaping tbsp. cornstarch, dissolved in cold milk, and stir until thick, then cool. Have ready 1 or 2 bananas and 1 orange, cut fine and slice into a dish. Pour the custard over these. Beat up the whites of eggs with sugar, put on top and serve.

### ORANGE CUSTARD PUDDING

Slice 3 good sized oranges in a glass fruit dish. Sprinkle with  $\frac{1}{4}$  cup sugar. Make a custard of 1 quart milk,  $\frac{1}{2}$  cup sugar and 3 egg yolks. When thoroughly cold, pour it over oranges. (Custard should be cooked in double boiler.)

## COFFEE FRUIT SOUFFLE

1 1/2 cups coffee infusion	1/2 cup milk
2/3 cup sugar	1/2 tsp. salt
3 eggs	1/2 tsp. vanilla
1 tbsp. gelatine	

Mix coffee infusion, milk, half the sugar and gelatine and heat in a double boiler. Add remaining sugar, salt and egg yolks, slightly beaten. Cook until it thickens. Remove from stove and add the beaten whites and the vanilla. Mould, chill and garnish with any light colored canned fruit, preferably pineapple.

Mrs. Jas. McKenzie, Portage la Prairie.

## CREAM SPONGE

Dissolve 1/2 a box of gelatine in a little warm water. Put 1 1/2 pints of milk in double boiler. Beat yolks of 3 eggs with 2/3 cups sugar, add to milk. Boil a few minutes, then add to gelatine. Take from fire and stir in the beaten whites of four eggs. Into this drop any kind of colored fruit, plums, cherries, raspberries, etc., (canned). Mould and serve with whipped cream.

Mrs. Jas. McKenzie, Portage la Prairie.

## BAVARIAN CREAM (Strawberry)

1 pkg. strawb'y. jelly powder	1 cup boiling water
2 eggs	1 cup scalded milk
1/2 cup strawberry jam	1/2 pint whipping cream

Thoroughly dissolve jelly powder in boiling water. Separate yolks and whites of eggs. Slightly beat yolks and slowly pour over them the scalded milk (hot). Return to double boiler and stir for a moment or two, until the mixture coats the spoon slightly, then remove from fire. Strain and let stand 10 minutes. Very slowly add the jelly mixture to the custard mixture. Set aside till quite thick, but not firm. Beat well, add jam and stiffly beaten egg whites and half the cream whipped till stiff.

Mrs. Jas. McKenzie, Portage la Prairie.

## SUMMER SUNDAY PUDDING

Soak a  $\frac{1}{4}$  cup of tapioca or sago for 1 hour in water to cover. Drain. Add  $2\frac{1}{2}$  cups boiling water,  $\frac{1}{2}$  tsp. salt. Cook in a double boiler stirring frequently until transparent. Core and pare Canadian grown apple. Stick 4 whole cloves in each apple. Arrange in a buttered baking dish. Fill cavities with sugar and pour the cooked tapioca or sago over the apples. Bake in a moderate oven until the apples are soft. Serve with sugar.

Mrs. Jas. Barrett, Bagot, Man.

## DELICIOUS DESSERT

1 cup white sugar,  $\frac{1}{2}$  cup of butter (small half) well beaten, 3 eggs, 1 cup milk,  $2\frac{1}{2}$  cups of flour, 2 tsp. baking powder. Beat well. Bake in a large tin and cut in two halves. Put following filling between layer.

## FILLING:

1 cup of milk, 1 cup of sugar, 1 egg, 1 tbsp. of cornstarch. Cook on stove and then cool before it goes between the layers. You can serve with whipped cream.

Miss Alice Burt, Bagot, Man.

## LEMON PUDDING

1 cup white sugar	1 lemon
2 eggs, (beaten separately)	1 tbsp. flour
$\frac{3}{4}$ cup milk	1 tbsp. butter.

Mix butter, sugar and yolks of eggs, then the lemon, etc., last of all. Beat whites of eggs. Bake one half hour in pan of water. Serve with whipped cream.

H. M. Breckon, Provencher Dist.

## MINNEHAHA PUDDING

$2\frac{1}{2}$ cups flour	$\frac{1}{4}$ tsp. salt
4 tsp. baking powder	$\frac{1}{2}$ cup fat
1 cup milk	1 egg
$\frac{2}{3}$ cup molasses	1 cup raisins

Steam for  $2\frac{1}{2}$  hours and serve with sauce.

Mrs. J. W. Breckon, Provencher Dist.

**PLUM PUDDING**

1 cup sugar, (brown)	1 1/2 cups raisins
1 cup currants	1 cup suet
1 cup bread crumbs	2 eggs
1 tsp. mixed spice	1 oz. lemon peel
1 oz. orange peel	1 tsp. baking powder
4 tbsp. milk	

Flour enough to stiffen. Steam for 4 hours.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

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**YORKSHIRE PUDDING**

3 eggs	1 pint sweet milk
3/4 cup flour	1/2 spoon salt

Beat the eggs, stir in flour, then milk and salt.

Have 3 tbsp. of dripping in pan piping hot and bake for 20 minutes.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.

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**TAPIOCA TRIFLE**

Soak 1 cup tapioca in cold water for 1 hour. Drain and put in double boiler with 1 cup water, 2 cups fruit and juice, (canned peaches, pears, or any light colored fruit).

Line a dish with slices of fruit, then a layer of stale cake. Over this pour some raspberry juice. Add half the hot tapioca. Another layer of fruit, then a layer of cake. Color the remaining tapioca with raspberry juice and add to dish. Set away over night. Turn out and serve with cream.

Mrs. Jas. McKenzie, Portage la Prairie.

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**FLOATING ISLANDS**

Beat whites of eggs stiff, add 1/8 cup powdered sugar to them and drop in spoonfuls in hot water and serve on top of soft custard.

Mrs. J. Maynard, Spruce Bluff, U.F.W.M.



## FRUIT LAYER PUDDING

2 well beaten eggs	1 tsp. salt
1 cup sugar, (stir well)	1 cup sweet cream
1 1/2 cups flour	2 tsp. baking powder
1 tsp. vanilla	

Bake in 2 layers. Mash up raw raspberries and put between layers when slightly cool, and pile on raspberries mixed with sugar on top. Serve with brown sauce.

## BROWN SAUCE:

3/4 cup brown sugar 1 tbsp. butter (browned)  
1 heaping dessertspoon cornstarch dissolved in water.  
Vanilla. 2 cups boiling water.

Mrs. B. M. Blight, Oakville, Man.

## WHEAT CEREAL FRUIT PUDDING

One pint scalded milk, 1/2 tsp. salt, 2 tbsp. corn syrup, 1/3 cup wheat cereal, 2 eggs, (well beaten) 1 cup crushed canned fruit.

Bring milk to boiling point. Add syrup and salt. Stir in wheat cereal, stirring constantly until mixture begins to thicken. Add beaten eggs. Add fruit and beat thoroughly. Cook in double boiler for 1 hour.

Mrs. C. Wardman, Fortier, Man.

## OATMEAL APPLE PUDDING

Two cups cooked oatmeal, 1/4 cup sugar, 2 tbsp. melted butter, 2 sliced apples.

In a greased baking dish alternate a layer of cooked oatmeal and a layer of sliced apples sprinkled with sugar. Pour melted butter over top and bake in slow oven, (325 degrees) until apples are tender. Delicious served hot with cream.

Mrs. C. Wardman, Fortier, Man.

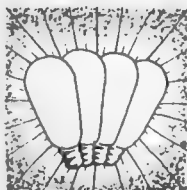
## COCOANUT PUDDING

1 quart milk	1/2 cup cocoanut
1 tbsp. corn starch	1/2 cup sugar
3 eggs	1/2 tsp. vanilla

Dissolve corn starch in a little milk. When milk is hot put in sugar and cornstarch. Add eggs and cocoanut and stir well. When cool serve with cream.

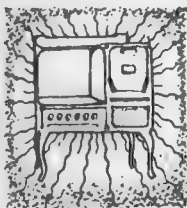
Mrs. P. C. Thompson, Fortier, Man.

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HEAT



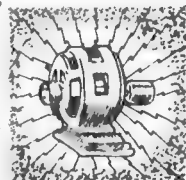
THE Hydro Electric System now serving your district makes it possible for you to enjoy the services of the world's greatest convenience and fastest worker—electricity.

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Do you realize that your Hydro brings to your door city conveniences at a cost so reasonable you cannot afford to be without them?

The Manitoba Power Commission has planned a Province wide electrical system and asks your co-operation in placing rural Manitoba, by virtue of its electrical advantages, in the lead among the Provinces of the Dominion.



POWER

*For further information consult  
Secretary-Treasurer of your Municipality*

## MANITOBA • POWER • COMMISSION

### SNOW PUDDING

Dissolve 1 pkg. gelatine (any preferred flavor) in one pint boiling water. Chill and when slightly thickened fold in the white of one egg beaten to a stiff froth; chill until firm. Serve with boiled custard.

#### CUSTARD SAUCE:

Scald  $1\frac{1}{2}$  cups milk. Mix 2 tbsp. sugar, 1 tbsp. flour, salt and the yolk of 1 egg, well beaten. Add a little milk and stir until well blended. Cook in double boiler stirring or beating with an egg-beater. Let cool, flavor with vanilla. This is a fine hot weather dessert.

Mrs. Mawhinney, Oakville, Man.

### SUMMER PUDDING

1 quart boiling water	5 tbsp. cornstarch (heaping)
$\frac{3}{4}$ cup granulated sugar	Grated rind and juice 1 lemon

Let this stand while you beat the whites of 2 eggs stiff, and add these to the cornstarch mixture.

Heat 3 cups milk in double boiler until it boils, and then add  $\frac{1}{2}$  cup white sugar, yolks of 2 eggs 1 heaping tbsp. cornstarch, 1 tsp. vanilla.

Let these 2 dishes stand until cold and serve pudding part of the first mixture on dish with a large spoonful of the custard over it.

Mrs. J. S. Wood, Oakville, Man.

### GOLD PUDDING

Yolks of 3 eggs.	1 tbsp. butter
3 tsp. baking powder	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup sugar.	1 cup milk
2 cups flour	1 cup seeded raisins

Beat well together and steam 2 hours. Serve with white pudding sauce.

Mrs. Wm. Berse, Fortier, Man.

### TAPIOCA CREAM

Soak 1 cup tapioca over night in 2 cups milk, add 4 cups milk. Boil until clear, then add salt, yolks of 4 eggs, 1 cup sugar and vanilla to taste.

Bake in oven. When done, spread whites of eggs beaten stiff with  $\frac{1}{2}$  cup sugar on top and brown.

Mrs. Geo. Woods, Dumfries U.F.W.M.

## BANANA PUDDING

1 quart milk  
2 tbsp. cornstarch  
Pinch of salt

2 eggs  
1 cup sugar  
Bananas

Cook together the milk, eggs, cornstarch, salt and sugar. Color one-third with chocolate and one-third with fruit coloring. Line bottom of pudding dish with bananas. Pour in the dark part, next the pink, and lastly the white part. Set away to cool and serve with whipped cream.

Hilda G. Wood, Oakville, Man.

## FRUIT PUDDING

1 cup flour  
 $\frac{1}{2}$  cup shredded suet  
 $\frac{1}{4}$  lb. mixed peel  
Peel of  $\frac{1}{2}$  a lemon  
 $\frac{1}{2}$  tsp. each cinnamon and  
nutmeg

2 eggs, (well beaten)  
2 cups bread crumbs  
 $\frac{1}{2}$  cup brown sugar  
Juice of 1 lemon  
1 tsp. ginger  
1 tsp. baking powder

Mix dry ingredients together with the eggs, adding a small quantity of milk if too dry. Put in baking powder last. Place in mould or baking cloth and boil 3 hours. Turn out and sprinkle top with white sugar. Note: Always wet and flour inside of pudding bags.

Mrs. Wm. Berse, Fortier, Man.

## SUMMER PUDDING

Two cups rhubarb (or other fruit) cut fine.  $\frac{2}{3}$  cup water.  
Put in top of double boiler and set on stove till boiling. Add sugar to taste and cover with a plain cake batter about 1 cup. Cover closely and set in bottom of double boiler containing boiling water. Serve with your favorite sauce or cream.

This pudding will cook if put on about the same time as the potatoes and kept boiling.

Susan P. Thompson, Oakville, Man.

### AMBROSIA

- |                                      |  |                         |
|--------------------------------------|--|-------------------------|
| 3 oranges, (juice)                   |  | 1 grapefruit (juice)    |
| 1 lemon, (juice)                     |  | 3 tbsp. pineapple juice |
| 3 maraschino cherries (chopped)      |  |                         |
| 1 slice pineapple, (chopped in dice) |  |                         |
| 4 tbsp. shredded cocoanut.           |  |                         |

Heat until dissolved,  $\frac{1}{2}$  cup sugar in 3 cups water. When cool, add to the above mixture. Chill all, and serve in tall glasses with cracked ice.

### TUTTI FRUITTI CREAM

- |                         |  |                              |
|-------------------------|--|------------------------------|
| 1 tbsp. gelatine        |  | $\frac{1}{4}$ cup cold water |
| 1 cup milk              |  | 2 egg yolks                  |
| $\frac{1}{4}$ cup sugar |  | 1 tsp. vanilla               |
| 1 tbsp. ginger syrup    |  | 2 tbsp. sultana raisins      |
| 1 tbsp. chopped ginger  |  | 2 tbsp. chopped and toasted  |
| (Canton)                |  | almonds                      |
| 2 cups whipping cream   |  |                              |

Soak the gelatine in the cold water. Heat the milk, stir it into the beaten egg yolks, then turn back into double boiler and stir until egg thickens. Add the softened gelatine, strain, and chill in a pan of cracked ice or ice water. Add the vanilla, the syrup from the ginger jar, the fruit and the almonds, which have been roughly chopped and browned in the oven. When the mixture begins to set, fold in the stiffly whipped cream and mould.

### DATE DUFF

- |                         |  |                      |
|-------------------------|--|----------------------|
| $\frac{1}{2}$ cup flour |  | 2 tsp. baking powder |
| $\frac{1}{2}$ tsp. salt |  | 1 cup nuts           |
| 1 cup dates             |  | 1 cup sugar          |
| 2 eggs                  |  |                      |

Sift first three ingredients well, cut nuts and dates with the sugar. Add to first. Stir in egg yolks. Then fold in beaten egg whites. Bake 40 minutes in a moderate oven. Serve hot with whipped cream. May be kept and steamed later.

Mrs. Wilbur Wood, Oakville, Man.

## LEMON PUDDING

$\frac{1}{2}$ cup sugar		1 tbsp. butter
1 egg		$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup flour		1 tsp. baking powder

Put this in buttered pudding dish. Pour boiling sauce over it, (do not stir). Bake in oven  $\frac{1}{2}$  an hour. Enough for six. Serve plain or with cream.

## SAUCE:

1 lemon rind and juice		1 dessertpoon butter
$\frac{3}{4}$ cup sugar		2 cups water

Put on stove and cook until batter is made.

Mrs. Kelly, Beaver, Man.

## RHUBARB PUDDING

1 cup water or more if needed      2 cups of cut rhubarb

Let boil to a pulp.

Add, 4 egg yolks, well beaten. Sweeten to taste. Add 3 tbsp. cornstarch, cook well. Beat whites of 4 eggs lastly and put on top of pudding, brown in oven.

Mrs. Jas. Barrett, Bagot, Man.

## RICE SOUFFLE

$\frac{1}{3}$ cup rice		$1\frac{1}{2}$ cups milk
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Cook over hot water until rice is tender. Add:  $\frac{1}{3}$  cup sugar, grated rind of  $\frac{1}{2}$  a lemon.

Mrs. Carmichael, Sault Ste Marie, Ont.

## DATE SOUFFLE

$\frac{1}{3}$ cups sugar		1 tsp. lemon extract
1 cup stoned and chopped dates.		

Mabel Shaw, Sault Ste Marie, Ont.

## CHOCOLATE SOUFFLE

1 cup finely ground walnuts

$\frac{1}{3}$ cup sugar		2 squares chocolate melted
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Mabel Shaw, Sault Ste Marie, Ont.

### LEMON PUDDING

1 lemon juice	1 cup white sugar
2 cups water	2 tbsp. corn starch
1 tsp. butter and pinch of salt	2 eggs

When water comes to boil add beaten yolks, cornstarch and lemon juice. Beat the whites stiff and add to mixture when it begins to bubble. Beat all briskly. Serve cold.

Mrs. Jas. McKenzie, Portage la Prairie.

### JELLY PUDDING

1 jelly powder	1 pint boiling water
1/4 cup sugar	2 egg whites

Dissolve jelly powder in water, add sugar, let stand until thick. Beat in whites of eggs. Before setting aside to grow stiff, drop in slices of canned peaches, pears or pineapple. Mould and serve with whipped cream.

Mrs. Jas. McKenzie, Portage la Prairie.

### FRUIT PUDDING

Soak 1 tbsp. gelatine in a little cold water. Add one cup of boiling water. 3/4 cups sugar. 1 cup of fruit and juice, (any kind of fruit). When nearly thick, beat in whites of 2 eggs. Beat and pour into mould. Serve with whipped cream.

Mrs. Jas. McKenzie, Portage la Prairie.

### HOUSEHOLD HINTS

The modern oilcloth tablecloths, which are very attractive and look so much like real linens, may be used to cover the uninteresting white porcelain top of the kitchen table during non-working hours, and may take the place of a table covering for family breakfasts in the kitchen or dining alcove. They are especially serviceable where there are young children as they are pretty and save laundering.

Mrs. N. A. R.

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## EGG RECIPES



## NEVER FAIL OMELET

4 eggs	1 tbsp. flour
1 cup milk	1 tbsp. butter
1 tsp. salt	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ cup thinly sliced cheese	

Blend flour, milk and seasoning. Beat eggs and combine mixtures. Melt butter in frying pan and when hot put in mixture. When almost cooked spread cheese over.

Mrs. Urry.

## BAKED EGGS

2 soda biscuits (rolled fine, or their equivalent in fine bread crumbs.)

Number of eggs required for meal.

**Lump of butter.**

**Pepper, salt, chopped parsley or paprika.**

2 tbsp. thick sweet cream.

Butter a deep pie plate, sprinkle with half the crumbs, break on to these the number of eggs required, sprinkle remainder of crumbs on them with the cream, then sprinkle with pepper and salt and dot with butter. Lastly, sprinkle with finely chopped parsley or paprika. Serve with a creamed vegetable such as corn or peas, for a supper dish, with slices of crisp bacon and mashed potatoes for lunch, or may be removed from dish and placed on slices of French toast for breakfast.

Mrs. H. McIvor.

## FRIED EGGS

Put your frying pan on the stove with your butter in it and crush up two soda biscuits and fry for a minute. Add a slice or two of onion and then put in your eggs and fry them. Serve with sliced tomatoes on lettuce or just the canned tomatoes.

Mrs. G. G. Cook, Anola, Man.

## OUR DAILY BREAD - -

**E**VERY DAY, all over the world, there are hundreds of millions of hungry men and boys and girls to feed; and for all the great bakeries of our large cities, "Mother" still makes most of the world's bread.

She is the one who saves and schemes to make both ends meet. "Mother" in our towns and cities is the one who worries most when the cost of the loaf goes up, and who, on the farm has the hardest time when the price of wheat goes down.

It is not strange, therefore, that on our Pool farms while most of the contracts are signed by the men, the warmest friends that the Wheat Pools have are the farm women.

They are the ones who count the pennies, who know how many more cents per bushels their wheat crop averages since the Pools began to market their wheat; how much easier it is to finance the farm home when the money comes in when needed instead of one lump sum in the fall; who are in whole-hearted sympathy with the Pool's endeavour to stabilize the wheat market by eliminating speculators' profits so that the consumer will not have to pay too much for his bread nor the farmer be compelled to accept too low a price for his wheat.

## The Canadian Wheat Pool

Main Street, Winnipeg

Manitoba Wheat Pool  
WINNIPEG

Alberta Wheat Pool  
CALGARY

Saskatchewan Wheat Pool  
REGINA

### EGGS IN TOMATO CASES

6 eggs  
Vinegar  
Pepper

6 tomatoes  
Salt  
Butter

Scoop out centres of tomatoes (which should be large ones). Sprinkle the inside of each with vinegar, salt and pepper, drop in carefully, a raw egg and a bit of butter. Put in a baking dish in a hot oven and bake gently until the eggs are set. Serve very hot.

Mrs. H. D. Gourd, Arborg U.F.W.M.

### STUFFED EGGS

Cut hard boiled eggs in two. Mash yolks with mustard, celery salt, butter and Worcestershire sauce until moist paste. Fill this mixture into the egg whites. Press the two firmly together. Wrap in oiled paper, and set in cool place until wanted.

Mrs. H. D. Gourd, Arborg U.F.W.M.

### EGGS WITH WHITE SAUCE

Boil as many eggs as desired until they are hard. Shell and cut in half and pour over them the following:—

Put 2 cups of milk in a pan and let boil, then thicken with flour and add salt, pepper and a little parsley. This is a especially nice dish for supper.

Mrs. G. G. Cook, Anola, Man.

### DAINTY EGG DISH

Butter fireproof china cups. Put 2 tsp. cream into each. Break into each cup 1 egg. Dust with pepper and salt and parsley. Stand cups in granite dishes with boiling water. Boil until eggs are set. Serve hot.

Mrs. J. H. Pengriff, Prov. Director, Anola.

### EGGS and TOMATOES

Melt 1 tbsp. butter in a baking dish. Mix 1 tbsp. flour over this pour the juice of 1 tin of tomatoes—straining away stones and pulp - let thicken. Into the thickened tomato juice break six eggs, one at a time, being careful not to break yolks. Cover with bread crumbs and sprinkle with pepper, salt and butter. Place in oven and bake until brown.

Mrs. E. L. Johnson, Prov. Director, Arborg.

## SCALLOPED EGGS and RICE

One cup rice boiled till soft. Five hard boiled eggs, chopped; one third cup cheese, melted in one cup of thin white sauce or hot milk. Butter casserole, arrange it in alternate layers of rice, chopped eggs and cheese sauce and cover with lightly buttered crumbs. Bake till a golden brown.

Mrs. J. H. Pengriff, Dist. Director U.F.W.M.  
Anola, Man.

## STUFFED EGGS

6 boiled eggs  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper

1 tbsp. melted butter  
3 tbsp. minced ham

Cut eggs in half, crosswise or lengthwise. Remove yolks. Rub yolks to a paste with minced ham and seasoning. Moisten with melted butter (if liked, salad dressing may be used as a substitute for butter) form into balls the size of yolk removed, and pack into the space from which they were taken. Put over the other half and press together. Roll in paper napkin and twist at each end. Very nice to put in the childrens lunch box.

## WASHINGTON OMELET

1 cup milk  
6 eggs

1 cup bread crumbs  
1 tsp. butter

Let milk come to boil, pour over bread crumbs and let stand a few minutes. Break eggs into bowl and stir, (not beat), till well mixed, then add milk and bread and mix. Season with salt and pepper and pour into hot pan in which a generous amount of butter has been melted. Fry slowly, cut in squares, turn, cook till a delicate brown. Serve at once.

Mrs. J. R. Clements, Tampa, Florida



The centre ornament for the table should be cut flowers or a low plant. It should be low, below the level of the eye.

Mrs. Hamstitch.

## CHEESE RECIPES



### CHEESE RELISH

1/4 lb. cheese		1 large cup milk
Butter size of a walnut		1 tsp. dry mustard
2 biscuits rolled fine		Salt and pepper to taste

Put cheese, milk and mustard in a pan together, pepper and salt to taste. When dissolved put in the biscuit.

Mrs. J. D. Batty.

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### MACARONI AND CHEESE

12 sticks macaroni		1 1/2 cups white sauce
1/2 cup stale bread crumbs		1 cup grated cheese
1 tbsp. butter		1 tsp. mustard
Salt and Pepper to taste.		

#### PREPARATION:

Break up macaroni in 2 inch lengths. Boil in salted water until tender. Put in colander and run cold water through it. Lay in buttered dish. Add the mixed mustard and half the cheese to the white sauce, then pour it over macaroni. Put bread crumbs in melted butter, add remaining cheese to them and spread over top. Put in oven to nicely brown. A few strips of bacon placed on top of dish just before putting in to bake, improves the flavoring.

Mrs. S. E. Bjornson, Arborg U.F.W.M.

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### CHEESE STRAWS

5 tbsp. flour		3 tbsp. melted butter
5 tbsp. grated cheese		1 1/2 tsp. baking powder
1/8 tsp. pepper		1/8 tsp. salt

Mix with water, roll thin and cut in fingers.

Mrs. Urry.

**CHEESE A' LA' MODE**

1 cup bread crumbs	1 cup cheese (grated)
2 cups milk	2 eggs (well beaten)
Pinch of salt	Sprinkle with biscuit crumbs.

Bake from 20 to 30 minutes.

Mrs. H. McKnight.

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**SCALLOPED CHEESE POTATOES**

Grease dish. Put in a layer of mashed potatoes, layer of cheese (grated), another layer of potatoes and cheese. Serve hot.

Mrs. F. Roberts.

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**CHEESE AND MACARONI**

$\frac{3}{4}$ cup macaroni	1 cup grated cheese
1 cup thin white sauce	

Cook macaroni, drain, spread with a layer in a greased dish. Cover with a layer of cheese and sprinkle with salt and pepper. Add a little of the sauce. Repeat, having a layer of macaroni on top. Sprinkle with bread crumbs, add a little butter on top and brown in oven.

Mrs. J. Carr

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**CHEESE AU GRATIN**

$\frac{1}{4}$ lb. grated cheese	3 slices bread
4 eggs	3 cups milk
2 tbsp. butter	$\frac{1}{4}$ tsp. salt
Pinch of pepper.	

Butter a deep pudding dish. Trim off the crust, and butter well the slices of bread. Place in the dish butter side down. Add cheese and seasoning on top, beat the eggs, add the milk, and pour over the bread and let stand 1 hour. Bake 20 to 30 minutes in a moderate oven.

Wingham U.F.W.M.

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**CHEESE OMELET**

Three slices of bread,  $\frac{3}{4}$  of an inch thick, and buttered.  $\frac{1}{4}$  lb. cheese, grated. 3 eggs, whites and yolks beaten separately, mixed with 2 cups of milk. Cut buttered bread into small squares. Fill baking dish with alternate layers of bread, salt and pepper and cheese. Pour eggs and milk over whole and bake 20 minutes to  $\frac{1}{2}$  an hour, till about consistency of custard. Serve immediately.

Mrs. Fred Hamilton, Winnipeg, Man.

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## CHEESE SOUFFLE

2 tsp. butter  
 $\frac{1}{2}$  tsp. salt  
3 eggs  
1 cup grated cheese

2 tsp. flour  
Dash of cayenne  
 $\frac{1}{2}$  cup milk

Make white sauce of butter, flour, salt, pepper and milk; add cheese and cook until cheese is melted. Add beaten yolks when cool, cut and fold in whites beaten stiff and dry. Put in buttered dish and bake in pan of hot water 20 minutes in moderate oven. Should be well puffed and slightly brown.

Mrs. S. Loree, Dist. Director, Carman.

## RAREBIT

1 tsp. butter  
 $\frac{1}{2}$  cup thin cream  
1 tsp. corn starch  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  lb. soft mild cheese, cut in pieces.  
 $\frac{1}{4}$  tsp. mustard  
Few grains cayenne.

Toast or Wafers.

Melt butter, add corn starch and stir until well mixed. Add cream gradually while stirring constantly. Cook 2 minutes. Add cheese and stir until cheese is melted. Season and serve on bread toasted on one side. Rarebit served on untoasted side.

Mrs. S. Loree, Dist. Director, Carman.

## CHEESE SOUFFLE

2 T.B. tapioca  
1 egg  
1 T.B. butter

1 cup milk  
 $\frac{1}{2}$  tsp. salt  
1 cup grated cheese

Dash of Pepper.

Soak tapioca in  $\frac{1}{2}$  cup cold water for three hours. Add milk in double boiler to the boiling tapioca, salt and pepper and lastly the egg. Cook 10 minutes. Serve on toast.

Mrs. H. F. Crai



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# SOUP RECIPES

## CABBAGE SOUP

Put a small firm cabbage through the food chopper, cover well with water and boil till tender. Then add a bowl of cream. If cream is thick a little milk could be added to it.

Do not drain the cabbage, have plenty of water in the cabbage so that the soup looks like good rich milk when the cream is added.

Mrs. Whiteside, Homefield, Man.

## MILK and CHEESE SOUP

3 cups milk	1 1/2 tbsp. butter
1 1/2 tbsp. flour	1/4 lb. grated cheese.

Salt, pepper and paprika to taste.

Melt the butter, add flour and seasoning, then the milk and cook thoroughly. Add the cheese just before serving.

Wingham Local

## CREAM OF SALMON SOUP

2 tbsp. butter	1 1/2 tbsp. flour
1 tbsp. minced parsley	1/2 tsp. salt
1/4 tsp. pepper	1/2 tsp. paprika
2 cups rich milk	1 lb. can salmon

Melt butter and stir in flour. Add parsley, salt, pepper and paprika and cook, stirring constantly until mixture bubbles. Add milk and bring to the boiling point. Pick over salmon, discarding bone and skin. Rub fish through a coarse colander. Add to sauce with enough boiling water to make of the consistency of rather thick gruel. Bring to the boiling point and serve.

## BAKED BEAN SOUP

1 quart baked beans	1 cup strained tomatoes
1 onion	2 quarts water
3 tbsp. butter	3 tbsp. flour

Salt and pepper

Cook beans, tomatoes, sliced onion and water until beans are soft. Add flour, mixed smooth with a little cold water, and cook a few minutes. Season to taste with pepper and salt. Heat to boiling point and serve.

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## MEAT & FISH RECIPES



"Some ha'e meat, and canna eat, and some wad eat that want it;  
But we ha'e meat, and we can eat, so let the Lord be thanket."



### ROLLED FLANK STEAK WITH VEGETABLES

Dredge 1 lb. of flank steak with a mixture of 2 tbsp. of flour and 1 tsp. of salt. Mix 1 cup bread crumbs, 1 small onion chopped, 1 tbsp. butter, 2 tbsp. hot water and  $\frac{1}{2}$  tsp. salt.

Spread over the steak and then roll and tie it. Sear the steak in some bacon dripping until it is well browned; place it in a large baking dish and add 1 cup of tomatoes. Cover and bake it for 45 minutes in a moderate oven. Peel and dice into small pieces, 2 large potatoes, 3 carrots, 1 turnip and 2 sliced onions.

When the meat is partially cooked, place vegetables around the meat, sprinkle with 1 tsp. salt, cover and cook 1 hour or until the vegetables and meat are tender. (Round steak is preferable to flank steak.)

Miss D. Bancroft, Winnipeg, Man.

### MEAT ROLL

1 lb. uncooked beef, chipped	1 saltspoon pepper
fine	1 egg
$\frac{1}{2}$ cup bread crumbs	1 tsp. salt

Put meat through chopper. Add other ingredients, egg last. Form into a roll 6 or 8 inches long and wrap in a piece of brown paper well greased. Put in baking pan and bake an hour in a quick oven, basting occasionally with melted suet or beef dripping. When done remove from paper, and place in centre of platter and pour over it a brown sauce or tomato sauce, or it may be served alone.

Mrs. W. C. McKillican, Winnipeg, Man.

### CHICKEN PATTIES

Mince cold chicken either boiled or roasted. Season with pepper and salt, a little minced parsley and onion. Moisten it with chicken gravy or cream sauce. Line pastry shells with puff paste, then put in the mixture and cook. Moisten bread crumbs well with melted butter and cook a light brown. When patties are done sprinkle the crumbs on top and serve hot.

Mrs. H. D. Gourd, Arborg U.F.W.M.

### SWISS STEAK

2 lbs. steak                      |                      2 onions  
1 can tomatoes                |                      4 potatoes

Salt and pepper to taste.

Brown steak on both sides, put in casserole with alternate layers of potato and onion. Pour tomato over all and bake 1 hour.

Mrs. Armstrong.

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### MEAT SOUFFLE

Heat 2 tbsp. butter in a pan, mix thoroughly with 2 tbsp. flour, add 1 cup cold milk and stir in the above until it looks like whipped cream; add minced onion, yolks of 2 eggs (beaten) with a little water. Fold in above and add 1 cup cooked meat. Beat whites of eggs, fold in and bake in a pan of water.

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### POTATO AND BEEF HASH

Mince some cold beef, a little fat with the lean, put to it as much cold boiled potatoes (chopped) as you like, season with pepper and salt, add enough gravy or hot water to make it moist, put in a stew-pan over a gentle fire, stir it about with a spoon, cover the stewpan, and let it simmer for about 15 minutes, taking care it does not burn. This is nice for breakfast dished up on pieces of toast.

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### CHICKEN CUTLETS

Season pieces of cold chicken or turkey with salt and pepper. Dip in melted butter, let this cool on the meat; dip in beaten egg and in fine bread crumbs. Fry in butter till a delicate brown. Serve on slices of hot toast, with either a white or curry sauce poured around. Pieces of cold veal make a nice dish if prepared in this manner.

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### POTATO AND NUT STUFFING

Two cups hot, highly seasoned mashed potato; 1 tbsp. minced onion;  $\frac{1}{2}$  cup chopped nut meats; 1 tsp. sage;  $\frac{1}{4}$  tsp. paprika and 1 slightly beaten egg. Mix well together.

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**MEAT MOULD**

1 lb. beef      |      ½ lb. pork or uncooked ham  
 1 egg  
 2 rounds about 1 inch thick from a 2 lb. loaf of bread.  
 Pepper and salt to taste.

Mince both the meat and ham. Cut away the crust from the bread and soak bread in water. Squeeze out as much water as possible. Mix the meat and bread well together by working with the fingers. Season with pepper and salt and add a well beaten egg. Mix well once more. Take a small basin and grease inside with a little butter. Put in meat etc., and press down firmly. Cover with wax paper and tie cloth over it. Put in a pan of boiling water (do not let the water come over the top of it). Keep boiling gently for 1½ hours. When quite cold turn out meat.

Mrs. Braithwaite.

**SCALLOPED PORK**

1 cup fried pork, chopped      |      ¾ cup of milk  
 1 cup bread crumbs and 1      |      2 eggs  
 onion chopped with pork

Salt, pepper and a small piece of butter.  
 Put in casserole, sprinkle with soda biscuit crumbs and bake.

Mrs. C. Bell.

**TO FRY STEAK**

Put on in good time. Dip meat in flour, put in frying pan, cover with boiling water and let boil for one hour.

Mrs. E. Sparks.

**MEAT ROLL**

Take any left over meat and put through the food chopper, add any left over gravy, season with a little chopped onion, salt and pepper.

Make a paste of 2½ cups flour      |      1 tsp. baking powder  
 ¾ cup of shortenng      |      Pinch of salt

Mix with water like pie crust, roll out crust and roll meat in it. Bake for half an hour.

Mrs. C. J. Froche.

### A SUPPER DISH

2 cups rice cooked in water and strained.  
 1/2 cup bread crumbs.  
 2 cups cooked minced meat (ham is best)  
 Parsley and salt to taste.

Method; (having the rice strained)

Line a pudding dish with the rice leaving enough to cover meat. (Put meat in centre of rice.) Place in steamer for 45 minutes or cook in covered pan of water in oven for same time.

Mrs. Wm. Ridgeway, Grosse Isle, Man.

### SCALLOPED MEAT

2 cups chopped cooked meat		2 cups tomatoe sauce
1 tsp. salt		1 tsp. of pepper
Bread crumbs		

Butter casserole and fill with alternate layers of meat seasoned, and tomato sauce. Sprinkle top with buttered crumbs. Bake 30 minutes in a moderate oven. Remove cover for last ten minutes of baking.

Mrs. H. Bell.

### SHEPHERD'S PIE

Cover bottom of casserole with chopped meat, cover with gravy, season with onions, salt and pepper. Cover with a good layer of mashed potatoes. Sprinkle with bread crumbs and bake in oven.

Mrs. L. McCutcheon.

### TO FRY CHICKEN

Cut chicken up and boil until partly cooked. Roll in flour and fry in butter until brown.

Mrs. M. P. Woods.

### MEAT ROLL

1/2 lb. steak		1/2 lb. of ham, (raw)
1/2 lb. bread crumbs		1 beaten egg

Put through chopper and mix with beaten egg. Season with thyme. Roll in cloth and steam for 1 1/2 hours. Roll in bread crumbs and beaten egg when cooked.

Mrs. Norwood.

### SALMON LOAF

1 cup butter		1 cup cracker crumbs
1 can salmon (pour off oil)		1 beaten egg
Pepper and salt		

Mould into loaf and steam 25 or 30 minutes.

#### SAUCE:

Oil from salmon		1 cup milk
1/2 cup butter		Flour to thicken

Season and pour over loaf when served. A small sour pickle sliced and added to sauce makes a pleasant sauce. The loaf is very nice sliced cold.

Mrs. Fred Hamilton, Winnipeg, Man.

### BEEFSTEAK (In Casserole)

2 lbs. round steak		2 tbsp. butter
1/2 cup flour		1 pint. water
1 cup milk		1 tsp. salt
1/4 tsp. pepper		

Dredge meat with part of the flour to which has been added the pepper and salt. Melt the butter in a frying pan and brown the meat in it quickly, and place it in a casserole or any closely covered dish. Add the rest of the flour to the butter, let brown then add milk and water. Cook until thick, then strain over the meat. Cover closely and bake 2 hours.

Mary H. Grassick, Pilot Mound, Man.

### SALMON LOAF

1 lb. or 1 can cold salmon		1/2 cup cracker crumbs
3 tbsp. butter		3 eggs
Salt and pepper to taste.		

#### PREPARATION:

Take bones and skin from salmon. Add cracker crumbs, melted butter, well beaten eggs, pepper and salt. Mix altogether and pack in a buttered mould. Steam 1 hour. To be eaten hot either with white or tomato sauce.

Mrs. S. E. Bjornson, Arborg U.F.W.M.

**CREAMED SALT PORK**

Slice salt pork thinly and dip in flour, then in corn meal. Fry golden brown.

Thicken drippings with flour and use milk instead of water for gravy. Pour over meat.

Wingham U.F.W.M.

**TOAD IN THE HOLE**

1 lb. round steak	1 pint milk
1 egg	1 cup flour
Salt and pepper	

Beat egg until very light, add milk and  $1\frac{1}{2}$  tsp. salt. Pour gradually on flour and beat until light and smooth. Place meat in a large buttered baking dish. Season well. Pour batter over it and bake one hour.

Wingham U.F.W.M.

**MEAT SCALLOP**

1 tsp. butter	$\frac{1}{2}$ tsp. onion, (minced)
1 tbsp. flour	$\frac{2}{3}$ cup hot water
1 cup cold meat (chopped)	Mashed potato

Put butter and onion in a saucepan and set on stove. When hot add flour and stir until smooth, then add water and season to taste. Now add meat and mix all together. Put in a baking dish and cover with a layer of mashed potatoes, seasoned with salt and pepper and wet with a little milk, adding the beaten white of an egg will greatly improve the potato. Bake until a light brown. Serve hot.

Wingham U.F.W.M.

**BEEF LOAF WITH TOMATOES**

1 lb. rare beef chopped fine.	$\frac{1}{8}$ tsp. pepper
3 large crackers rolled and sifted	$\frac{1}{2}$ tsp. salt
	1 egg well beaten

Press these into a loaf after thoroughly mixing and put into buttered baking dish. Rub a little butter over it and pour on 1 large cup or more canned tomatoes. Bake  $\frac{3}{4}$  of an hour, basting frequently with tomato, and serve hot.

Mrs. J. R. Clements, Tampa, Florida.



## A SUPPER DISH

1½ cups milk | 1 T.B. butter  
1 T.B. flour | 1 cup tomatoes

Salt, pepper and onion. Soda and celery.

Melt butter. Add flour and stir vigorously. Gradually add milk and continue stirring. Add salt and pepper and lastly the tomatoes with soda. The tomatoes may be strained if desired.

Have ready slices of buttered toast and place a slice of ham on top. Pour the sauce over the toast and ham. Sprinkle with bits of onion or onion salt and diced celery. Any chopped meat may be substituted for the ham.

Mrs. H. F. Craig, Grosse Isle, Man.

## SALMON LOAF

1 can of salmon, juice poured off. | 1 egg and a lump of butter.  
juice of ½ a lemon

1 cup of stale bread crumbs | Salt and pepper to taste

Bake in a moderate oven until brown. This makes a nice light supper dish.

Mrs. E. M. Tackaberry, Brandon, Man.

## SCALLOPED SALMON

One can Sockeye Salmon. Make a cream gravy.

2 cups milk; 2 tbsp. flour; 1 tbsp. butter; salt and pepper to taste.

Put in dish layer of fish and cream gravy, then on top a layer of soda biscuit crumbs and bake 20 minutes.

Mrs. S. G. Harris, Grosse Isle, Man.

## HAM CANAPES

½ cup minced ham | 2 tbsp. butter

½ tbsp. parsley

Mix to a smooth paste. Form into rolls. Fry in hot fat and serve in slightly thickened tomato sauce.

Wingham U.F.W.M.

## MOCK DUCK

One flank or round steak. Suet stuffing: 2 cups bread crumbs, 2 tbsp. butter, ¼ cup hot water, seasonings. Wipe meat, spread with dressing, roll and tie or skewer in shape. Dredge with salt, pepper and flour. Brown in dripping from suet. Add 1 cup boiling water to pan, cover and bake until tender.

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## VEGETABLE RECIPES

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### BAKED CARROTS

Wash and scrape half a dozen carrots, cut in four lengthwise, place in a well buttered baking dish. Sprinkle with 1 tablespoon minced parsley and 2 tablespoons minced onion; season with salt, pepper and a little sugar, and dot with small bits of butter. Cover and bake in a moderate oven for about one hour. Remove cover for last fifteen minutes and increase heat to brown slightly. By this method, none of the flavor and valuable mineral salts are drained away in water, as often occurs when vegetables are boiled.

Mary Forge, Winnipeg.

### BAKED BEANS

3 lbs beans	1 can tomatoes
1/3 lb. sliced bacon	1 tbsp. dark syrup
1/2 cup brown sugar	1/4 tsp. ginger

Soak beans overnight, in cold water. In the morning drain and put on fire covered with fresh cold water to which has been added a tbsp. of salt and a pinch of soda. Boil until they begin to break, then drain and place in layers in the bean pot with the slices of bacon, sugar, syrup, and ginger. Lastly add the tomatoes (strained) and add boiling water to cover them. Cover pot closely, place in a dish of water in the oven and bake for 6 hours. Will keep for some time and can be repeated as needed.

Mary H. Grassick, Pilot Mound

### BAKED POTATOES AND CHEESE

6 large baked potatoes	1/4 lb. grated cheese
1/3 cups hot milk	1/8 tsp. paprika
2 tsp. salt	

Cut baked potatoes in half lengthwise, and scoop out centres. Mash thoroughly. Add cheese to hot milk and beat with egg beater until smooth. Mix with potatoes, add seasoning and whip until light and creamy. Refill the potato shells and bake in a hot oven for 10 minutes.

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## VEGETABLE OMELET

2 sweet potatoes	1 cooked beet
1 cup grated carrot	1 cup cooked spinach
1/2 cup grated parsnip	1/2 minced sweet green pepper
3 tbsp. bacon fat	4 tbsp. minced cooked bacon
2 eggs	1 tsp. salt
1/4 tsp. celery seed	

Chop vegetables together and season with salt and celery seed. Melt bacon fat in a hot frying pan and add vegetables. Cover and cook over a low fire for ten minutes. Add bacon and mix thoroughly. Cook five minutes longer and stir in eggs well beaten. Cook slowly until brown on the bottom, fold and turn out on a hot platter and serve at once.

## STUFFED TOMATOES

6 tomatoes	1 cup cold cooked meat
2 tbsp. butter	1 egg
1/2 cup bread crumbs	Salt and pepper

Cut a thin slice from stem end of tomatoes, take out seeds and pulp. Mix chopped meat, melted butter, salt and pepper. Add slightly beaten egg. Mix. Fill tomatoes. Sprinkle top with bread crumbs. Bake in a hot oven until tomatoes are tender.

## DRIED LIMA BEANS and CARROTS

1 cup dried green lima beans	1 med. sized onion
6 new carrots	1 cup milk
2 tbsp. butter	1 tbsp. flour
1 tsp. salt	1/4 tsp. pepper
4 thin slices bacon	

Cook beans until tender, but not broken. Add carrots, scraped and cut in fine dice, and onion peeled and minced. Cook uncovered for 20 minutes, letting water cook away. Put into a well buttered baking dish and pour over a sauce made of butter, flour and milk. Season with salt and pepper and cover with slices of bacon. Put into a hot oven for 15 minutes to cook bacon. Then slide under broiler flame to brown and crisp bacon. Serve from baking dish.

## VEGETABLE SOUFFLE

1 cup riced vegetables	3 eggs
1 cup milk	2 tbsp. butter
4 tbsp. flour	1 tsp. salt
1/8 tsp. pepper	

Melt butter, stir in flour and slowly add milk, stirring constantly. Bring to the boiling point and remove from the heat. Add egg yolks, one at a time, beating each one into mixture. Add prepared vegetable and fold in whites of eggs beaten until stiff and dry on a platter. Season with salt and pepper and turn into buttered baking dish. Bake 30 minutes in moderate oven. Serve as soon as firm to touch.

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### SCALLOPED CORN

1 qrt. corn		2 cups rolled crackers
1 large spoonful butter		Add milk to cover

Dot with butter and bake 30 minutes.

Mrs. Roy A. Yont, Millwood, Man.

### SPINACH MOULDS WITH BACON

Wash 4 lbs. spinach in salted water several times and boil for 10 minutes in its own liquor. Drain well, chop fine and add 2 tbsp. butter, 2 tbsp. cream, 1 tbsp. grated onion, salt and pepper. Pack in individual moulds. Place in a pan of hot water and bake for 15 minutes in a hot oven. Turn out of moulds on to a platter, and wrap each with one or two strips of broiled bacon. Garnish with devilled eggs, cut in quarters and with parsley.

### POTATO RISSOLES

Take finely mashed potatoes, sufficient pepper and salt and butter to season well. With sweet milk or cream, mix flour in this, then make into balls and dip into beaten eggs. Then roll in bread crumbs and fry in hot lard.

Mrs. H. D. Gourd, Arborg U.F.W.M.

### CALIFORNIA CASSEROLE

1½ cups carrots (cubed)		1½ cups potatoes (cubed)
½ cup onions (chopped)		1 cup fresh-cooked peas
1 medium can tuna fish		2 cups milk
3 tbsp. butter		3 tbsp. flour
Salt and pepper		

Boil carrots and onions together in small amount of water, and after 15 minutes add the potatoes and cook until tender. Make a white sauce of melted butter, flour, milk and salt. Add peas to other vegetable. Break tuna fish into pieces, not too small. Into a buttered casserole put layer of vegetables, then white sauce, then tuna fish. Repeat until all ingredients are used up. Cover with well buttered fine cracker crumbs and cook until crumbs are browned. (Left over cooked fish or meats may be used as a substitute for tuna fish.)

Anna M. Murray, Stonewall, Man.

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### POTATOES WITH WHITE SAUCE

Boil potatoes with their jackets on for dinner. Peel those left over and cut into dice. Place in a 2 quart baking dish, alternating each layer with the following white sauce.

#### SAUCE:

Two tbsp. melted butter or butter-substitute, 2 tbsp. flour,  $\frac{1}{8}$  tsp. each of salt, and pepper, 2 cups sweet milk. Cook carefully in a double boiler. Grated bread crumbs or cheese are very nice to finish the top. Bake 30 minutes in a moderate oven, until the top is nicely browned.

### SCALLOPED BARLEY and TOMATOES

2 cups cooked barley	2 lbs. fat
2 lbs. flour	1 onion, (small)
1 cup tomatoes	Salt and pepper

The fat may be butter, bacon fat or drippings.

Melt the fat and cook the chopped onions in it till yellow. Stir in the flour then the tomato which may be strained or not as one wishes. Cook till thick. Put alternate layers of the cooked barley and the tomato sauce in a buttered baking dish, cover with buttered crumbs and brown in the oven.

Miss B. Johnson, Arborg.

### SCALLOPED POTATOES

Cover the bottom of dish with slices of potatoes, then add an onion, repeat until dish is full, then add milk to cover, to which add 1 tsp. salt, 1 tsp. pepper and butter the size of an egg. Put in oven and bake 1 hour.

Mrs. M. Shebeske, Arborg, U.F.W.M.

### CORN FRITTERS

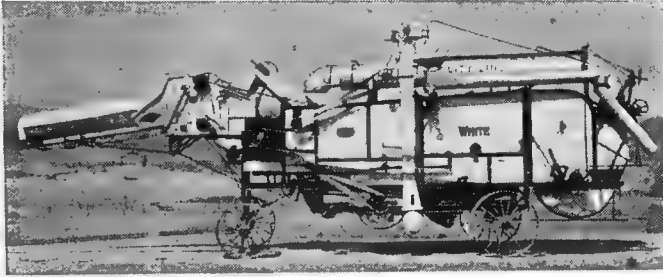
1 cup corn	1 tbsp. flour
1 tbsp. cream or milk	Salt and pepper to taste
1 egg	

Mix all together and fry in butter.

Mrs. M. Shebeske, Arborg, U.F.W.M.

# WHITE STEEL THRESHERS

*A Leader in Efficiency and Durability.*



In appropriate sizes for all requirements. 22 x 40, 24 x 46, 28 x 50, 32 x 54.  
Note the exceptionally wide bodies — Save your grain and save money.

**Distributors for Huber and Lauson Tractors.**

Write for free Catalogue.

**GEORGE WHITE & SONS CO. Ltd.**

BRANDON, MAN.

## MONUMENTS HEADSTONES CEMETERY FENCES ETC.

We import our Marble and Granite by the carload.

Write us for prices which are as low as good material and first class workmanship will permit.

We have thousands of satisfied customers with whom we have been doing business covering a period of 40 YEARS.

**SOMERVILLE & CO.**

Brandon

## SALAD & DRESSING RECIPES

..❧..

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a mad-cap to stir the ingredients and mix them well together."

..❧..

### SALAD DRESSING

2 eggs well beaten	A pinch of cayenne pepper
1/2 cup sugar	1 tsp. salt.
1 tbsp. flour	1/2 cup of vinegar
Butter size of walnut	1 cup of sour cream
1 tbsp. mustard	(Add Last)

Mrs. J. W. Yuill.

### CORN SALAD

Cut fine 1 small head of cauliflower and 2 or 3 small onions. Put in brine overnight. Drain. Cut corn from 9 ears of corn, add 2 stalks of celery. Make syrup of 1 1/4 cups white sugar, 3 tbsp. flour, 2 tbsp. mustard, 1/2 tsp. tumric, a little cayenne and 2 1/2 cups vinegar. Bring to a boil. Add vegetables and cook 25 minutes. This makes 3 pints.

E. Sproule.

### RHUBARB SALAD

Cut your rhubarb in pieces 1/2 an inch long. Cover with cold water. Bring to boil, drain. Sprinkle with salt and cover with cold water and let stand till you wish to serve. Serve on lettuce leaves with salad dressing.

Annie I. Grover, Birnie.

### SPRING SALAD DRESSING

For Lettuce, Dandelion and other Greens.

Put enough new rhubarb through meat chopper to get 1 cup of juice. Add 3 eggs beaten. 1 cup sugar, pinch of salt. 2 tsp. of flour, 1/2 cup cream. Cook till it thickens. Thin when wanted with cream or with cream and more rhubarb juice if desired.

Annie I. Grover, Birnie.



# STOP

## and Examine the Farguson Grain Cleaner

Here is a cleaner that meets the approval of all grain growers, it is the strongest built Grain Cleaner on the market. The frame is made of strong material and securely bolted at every joint. Hopper is of large capacity, force feed adjustment, dust and fine seeds are carried to side of machine. The air is driven against the grain (not with the grain.) Drive Shaft and Cam Shaft are separate, Drive Shaft is connected with two eccentrics and pitmans. An even motion is guaranteed by this kind of a drive. The fans can be speeded up without effecting the motion of the shoes, as the shoes and fans are run independent of each other. **Very Important!** The Farguson has an unlimited air blast, this is important when cleaning and grading grain for seed purposes. The air process is the only possible way to grade grain for seed, by that process only can you eliminate the large light kernels from the heavy ones, this is one of the important reasons why our cleaners are constructed with a separate drive and fan shafts. The Farguson cleaner will clean all kinds of grain such as wheat, oats, barley, rye, clover and grass seeds, and will give you a better sample of seed from your own grain than you have ever had before. The Farguson cleaner is used by the largest leading seed growers of Western Canada, among these are, J. C. Mitchell, Dehinda, Sask., Herman Trelle, Wembley, Peace River, Alta., J. D. McGregor, Lieutenant Governor of Manitoba, H. C. Emerson, Edmonton, Alta. and many others. Also two of our large cleaners have just been purchased by the British Columbia Government, this is ample proof that the Farguson Grain Cleaner stands in a class of its own, and is built and sold by a firm that is always ready and willing to make good its guarantee.

---

## Farguson Mfg. Co. Ltd.

818 Pacific Ave.  
Brandon, Manitoba

**CHEESE SALAD**

2 pkg. cream cheese	3 slices pineapple, diced
2 pimentoes, chopped	1 tsp. lemon juice
3 tbsp. mayonnaise	1 tsp. salt
1 cup. whipped cream	

Mix all ingredients. Add to whipped cream. Turn on tray. Chill four hours. Serve on lettuce.

Mrs. C. B. Connell, Neepawa, Man.

**CELERY SALAD**

1 head celery	1/4 lb. cheese
2 eggs	Mayonnaise sauce
Cress	Tomatoes

Cut celery and cheese into small squares. Use enough sauce to cover. Garnish with cress, slices of hard boiled eggs and tomatoes.

Mrs. R. P. Connell, Neepawa, Man.

**FRUIT SALAD**

1 can pineapple	Marshmallows (15c worth)
Walnuts, chopped, (10c worth)	3 bananas
2 large apples	1 cup whipped cream
Juice of 1/2 a lemon	

Dice fruit and mallows. Pour lemon juice over mixture. Add whipped cream to salad dressing and pour over all.

Mrs. Robert Burns, Neepawa, Man.

**FRUIT SALAD**

1 cup pineapple	1 cup apples
1 cup oranges	1/2 cup almonds

Chop fruit and nuts in small pieces and mix with following salad dressing.

**DRESSING:**

1/4 cup pineapple juice	1/4 cup lemon juice
1/2 cup sugar	2 eggs
Pinch of salt	

Cook in double boiler until thick, stirring constantly.

Mrs. Stan Carr, Neepawa, Man.

# **The Patmore Nursery**

## **Company**

**Brandon, Man.**

**Saskatoon, Sask.**

**Established 1883**

***Growers and Importers  
of "Reliable" Seeds  
and Bulbs***



**Cut Flowers  
Foliage & Flowering Plants for  
Indoor Culture**



***Growers of Hardy Trees and  
Shrubs, Suitable for the  
Northwest.***

**Special Agents for**

**Messrs. Sutton & Son's  
World Famed Seeds**

***"Everything in Horticulture"***

**SALAD DRESSING**

1 tbsp. flour		1 tbsp. mustard
$\frac{3}{4}$ cup white sugar		$\frac{1}{4}$ tsp. salt and pepper
$\frac{1}{2}$ cup vinegar		2 cups sweet or sour cream

Boil about three minutes.

Mrs. J. M. Allan, Brandon, Man.

**VEGETABLE SALAD**

1 pkg. lemon jelly		Boiling water to make 1 pt. of liquid.
$\frac{1}{2}$ tsp. salt		2 beets (cooked)
2 carrots, (cooked)		
$\frac{1}{2}$ cup vinegar		

1 cup cabbage and celery chopped.

Pimento and a few peas if desired.

Set in a cool place to set and serve with salad dressing.

Mrs. J. M. Allan, Brandon, Man.

**FRUIT SALAD**

3 large peaches		2 bananas
3 oranges		10c red grapes
$\frac{1}{2}$ can pineapple		

Cut all together and serve on ice cream.

Mrs. E.M. Tackaberry, Brandon, Man.

**SNOW SALAD**

2 cups chopped cabbage		4 tbsp. french dressing
1 cup white grapes		$\frac{1}{2}$ cup almonds
1 cup shredded cocoanut		

Mabel Shaw, Sault Ste Marie, Ontario.

**FRENCH SALAD**

1 pint canned peas		1 pint celery
$\frac{1}{2}$ cup walnuts		$\frac{1}{2}$ cup orange

Chop celery, walnuts and orange finely. Add to peas and serve with salad dressing.

Mrs. J. S. Batters, Neepawa, Man.

### PINEAPPLE CHEESE SALAD

Dissolve 2 tbsp. quick gelatine in  $\frac{1}{2}$  cup cold water. Put contents of 1 can grated pineapple into double boiler and heat till good and hot.

Grate 1 cup of sharp cheese (not too fine), add gelatine to hot pineapple, then add cheese.

Stir for 1 or 2 minutes, take from fire and set out to thoroughly cool. When well cooled fold in 1 cup of thick cream which has been whipped stiff.

Turn mixture into individual moulds, (or a bread tin and slice when ready to serve). Let set for 1 or 2 hours in a cold place. Top with salad dressing.

### ORANGE AND BANANA SALAD

Lettuce.	2 bananas
6 maraschino cherries	$\frac{1}{2}$ cup nuts, (chopped)
3 tbsp. lemon juice	Lemon mayonnaise
3 oranges	

Peel oranges, removing all white skin. Cut into quarter-inch slices. Shred crisp lettuce, place two slices orange on lettuce. Cover with 2 lengthwise quarters of bananas, cover with lemon juice and roll in finely ground nuts. Top with slice of orange, garnish with mayonnaise and maraschino cherry.

### TOMATO JELLY SALAD

$\frac{1}{8}$ oz. gelatine	$\frac{1}{2}$ cup cold water
3 medium-sized tomatoes	1 bay leaf
1 small green onion	4 cloves
$\frac{1}{8}$ tsp. celery salt	1 tsp. sugar
$\frac{1}{8}$ tsp. red pepper	$1\frac{1}{2}$ tsp. salt
2 tsp. lemon juice	

Soften gelatine in cold water. Cook together the chopped tomatoes, bay leaf, onion, cloves, sugar for 15 minutes. There should be 2 cups stock after cooking. Add the celery salt, red pepper, salt and lemon juice, and stir well. Press through a strainer reheat and pour over the softened gelatine. When dissolved, strain through course strainer into custard cups which have been first rinsed in cold water. Unmould on lettuce leaves and serve with mayonnaise. Top with pimento stuffed olive.



### EGG AND CHEESE SALAD

Twelve hard boiled eggs sliced. Add grated cheese in alternate layers, sprinkle over the top fine chopped pickles. Pour over it salad dressing and serve.

Mrs. H. D. Gourd, Arborg U.F.W.M.

### SALMON SALAD

1 can salmon	1 tsp. gelatine
2 eggs (hard boiled)	1 tsp. cold water
Olives (pitted)	Lettuce Leaves

#### PREPARATION:

Pour off oil from salmon, remove bones and skin. Mix slightly with a fork. Add the celery and eggs chopped fine, then the salad dressing, garnish with olives and lettuce leaves.

Mrs. S. E. Bjornson, Arborg, U.F.W.M.

### KRAFT CHEESE SALAD

1/4 lb. Kraft pimento cheese	1 tsp. gelatine
5 tbsp. cream	1 tsp. cold water
Green Peppers	Lettuce
Salt and Pepper	

Soften gelatine in cold water and dissolve over hot water. Add this to the cheese which has been rubbed through a grater and made smooth and moist with the cream. Stuff peppers with the mixture and place on ice to set. When very cold slice in thin rings and arrange on a bed of lettuce. Serve with French salad dressing and garnish with pimento.

Mrs. J. Lothian

### SALAD DRESSING

1 egg	2 tsp. butter
4 tsp. sugar	2 tsp. flour
1 tsp. mustard	1/2 tsp. salt
4 tbsp. water	2 tbsp. vinegar

Mrs. Ross, Provencher, Dist.

**SALAD DRESSING**

1 cup white sugar	Butter size of a walnut
2 tbsp. flour	1 tsp. salt
1 tsp. mustard	2 eggs
1 cup vinegar	1 cup water

Mrs. Dick Empson, Provencher, Dist.

**PERFECTION SALAD**

1 can pineapple	Juice of 2 lemons
2 lemon jellies	1 bunch of celery (small)
1 cucumber	Olives, plain or pimento

A little pimento for coloring if desired.

Dissolve jellies with boiling water, adding lemon juice to make proper quantity. Let this cool and partly set, then dice the cucumber and celery finely, the pineapple not too fine, and slice the olives and mix in. Serve on lettuce leaf with a little salad dressing at the side, sprinkle with chopped nuts, or if desired, use whipped cream to which a little dressing has been added instead of the salad dressing.

Mrs. Kelly, Beaver, Man.

**GOLDEN GLOW SALAD**

1 pkg. lemon Jell-o	1 cup boiling water
1 cup canned pineapple juice	1 tbsp. salt
1 cup canned pineapple, diced and drained.	$\frac{1}{3}$ cup Pecan Meats (finely cut)
1 cup grated raw carrot	Lettuce

Dissolve Jell-O in boiling water. Add pineapple juice, vinegar, and salt. When slightly thickened add pineapple, carrots, nuts and turn into molds. Chill until firm, unmold on lettuce. Garnish with mayonnaise.

Mrs. E. J. Blow, Prov. Leader, Junior U.F.W.M.

**APPLE SALAD**

5 or 6 apples	5 or 6 stalks celery
$\frac{1}{2}$ cup peanuts	

Chop finely and add salad dressing.

Mrs. Clare Montgomery, Neepawa, Man.

## CANNING RECIPES

"We eat what we can, and what we can't we can."—The Punster.

### CANNED CORN

Put on boiler  $\frac{1}{2}$  full of water, when boiling put in enough sweet corn (just nice for eating) to fill boiler  $\frac{3}{4}$  full. Boil until just cooked enough for eating with 2 or 3 handsfull of salt. Cut off cob with sharp thin knife and scrape cob with back of knife to get the juice. Put in a little of Mrs. Price's canning powder, a little salt and white sugar, then a layer of corn, about 2 inches thick, more salt, powder and sugar and same amount of corn until your gem is full. Use a small round stick to press in as tight as possible, adding more corn, etc. Fill heaping full, pressed real tight, using  $\frac{1}{2}$  pkg. of Mrs. Price's canning powder, 1 tsp. salt and 1 tsp. sugar for each quart of corn. But in rack in boiler and boil 2 hours hard. Starting in cold water and bringing to a boil

When using, boil up in water and drain off to take the powder out. Put in a tsp. of sugar, butter and nearly cover with cream. Let come to the boil, but not boil. This is just grand and always keeps if gems are perfect, also rubber rings new and washed well, and good tin rings new or nearly so, used.

Mrs. S. White, Prov. Director, Lisgar

### CANNED CORN

1 cup salt  
1 cup sugar

9 cups corn  
2 cups boiling water

Boil all five minutes, then seal tight in sealers. Keeps well.

Maud McClelland, Provencher Dist.

### CANNED WINDSOR OR BROAD BEANS

Shell beans, blanch in plenty of boiling water 5 minutes, drain and cover with cold water. Drain and put in well sterilized sealers. Add 1 tsp. salt, partly seal, adding no liquid. Sterilize 2 hours, seal tight. Wrap in paper to keep out the light. Will keep till January. Peas may also be canned in this way.

Annie I. Grover, Birnie.

**YOUR** sparkling jellies, delicious jams and preserves, fragrant spicy sauces made from treasured recipes.

**THEY KEEP** their delightful flavour and are safe from dust, germs and mould when protected by a snowy covering of

**IMPERIAL  
PAROWAX**

At All Good Grocers



## JAM RECIPES

### CARROT JAM

Boil young carrots until tender, mash and press through sieve. To 2 cups carrot pulp, add  $1\frac{1}{2}$  cups sugar, juice and grated rind of 1 lemon, and 4 bitter almonds, chopped. Boil all together for about 20 minutes, turn into jars and seal when cold.

### AMBER MARMALADE

Take 1 orange, 1 lemon and 1 grape fruit. Shave fruit fine, saving all but the seeds. Measure shredded fruit and add 3 times the quantity of water. Let stand over night and next morning boil for 10 minutes. Let stand another 24 hours, then add sugar, pint for pint, and boil until it jells.

Mary H. Gassick, Pilot Mound, Man.

### RHUBARB MARMALADE

1 cup shelled walnuts	1 lb. seeded raisins
3 oranges, sliced	3 lbs. rhubarb, washed and sliced
3 lbs. sugar	
$\frac{3}{4}$ cup water	

Stir together and boil 45 minutes over a slow fire.

Mrs. Helen Breckon, Provencher Dist.

### GRAPE CONSERVE

Eight lbs. grapes,  $\frac{1}{4}$  lb. walnuts, 5 lbs. sugar, 1 lb. raisins. Wash fruits and remove from stems, remove skins, put pulp through colander to remove seeds. Chop skins and raisins and add to sugar and pulp. Cook until thick. Add nuts just before it is done. Put in sterilized jars.

### RHUBARB CONSERVE

1 lemon (cut fine)	1 orange (cut fine)
$1\frac{1}{2}$ cups almonds (blanched)	1 cup raisins (seedless)
$2\frac{1}{2}$ lbs. sugar	3 lbs. rhubarb

Mix all together and cook till thick. This quantity makes about 9 glasses.

Mrs. Fred Hamilton, Winnipeg, Man.

### PEACH CONSERVE

8 cups peaches	2 oranges
5 cups sugar	1 lemon
6 large apples	

Let peaches and oranges simmer, add sugar, lemon and apples. Let cook until it will spread.

Mrs. J. A. McClelland, Provencher Dist.

## WATSON'S GARDEN BARROW



9  $\frac{3}{4}$ " Deep—16" Steel Wheel, weight 40 lbs....For gardening.  
Made from select stock.

### Watson's No. 72 Ensilage Cutter

Completely equipped with or without Truck, good capacity with small power and light fuel consumption, 30 ft. pipe and deflector.



Knife Wheel Malleable Iron, six angle fans, heavy steel knives, cutter plate hardened steel reversible, four cutting edges. Main Shaft  $\frac{11}{16}$  inch, three babitted self-aligning boxes fitted with grease cups.

#### SPECIFICATIONS:

8 to 10 tons per hour.  
Power 8-12 H.P., length cut  $\frac{1}{4}$ ,  $\frac{1}{2}$ , 1", 2".  
Speed 650-750 R.M.  
Wid. throat 13 inches.  
Wgt. 1630 pounds.

## John Watson Mfg. Co., Ltd.

311 Chambers St., Winnipeg, Man.

## PICKLE RECIPES

### NINE DAY PICKLE

Put 4 quarts cucumbers in a strong brine for 3 days, then drain and put in water for 3 days. Change every day. Boil slowly for  $\frac{1}{2}$  hour in a weak vinegar. Boil the following each day and pour on the pickles for 3 days. Draining off each day, boiling and pouring on pickles again.

3 pints vinegar	1 oz. cinnamon buds
4 lbs. white sugar	1 oz. celery seed
1 oz. allspice buds	

Mrs. J. M. Allan, Brandon, Man.

### RHUBARB RELISH

1 quart rhubarb	1 quart onions
1 pint vinegar	4 cups brown sugar
1 tbsp. salt	1 tsp. red pepper
1 tsp. cloves	1 tsp. allspice
1 tsp. cinnamon	

Cook thoroughly

Mrs. Hilda M. Tovell, Winnipeg, Man.

### BEET and CABBAGE PICKLE

1 qt. raw cabbage chopped fine	1 tbsp. salt
1 qt. boiled beets chopped fine	1 tsp. black pepper
2 cups brown sugar	1 tsp. red pepper
	1 cup grated horse radish

Cover with cold vinegar and keep from air.

Mrs. Hilda M. Tovell, Winnipeg, Man.

### BEET PICKLE

1 quart vinegar, (cold)	1 cup sugar
$\frac{1}{2}$ cup salt	$\frac{1}{4}$ cup mustard

Stir until sugar and salt is dissolved. Slice beets and weight to keep under the liquid. This may be kept in an open crock.

Mrs. S. E. Gee-Curtis, President U.F.W.M.

## DILL PICKLE

Select medium or small cucumbers if possible. Wash real clean, and put them in cold hard water for  $\frac{1}{2}$  hr. to harden them. Then dry them and pack in sealers. Put a piece of dill in bottom and top and several places through the sealer, putting blossom down.

Cover with:

1 quart of vinegar		1 cup salt
3 quarts of water		

Have this boiling hot before pouring into your sealers. Seal them and put them away for six weeks or so before using.

H. F. Nesbitt

## CORN RELISH

12 ears of corn		2 green peppers
1 qt. cucumbers		3 red peppers
4 large onions		2 large heads of celery
2 qts. ripe tomatoes		

Cut corn off the cob, peel and cut cucumbers, peel and cut tomatoes, chop onions, celery and peppers. Add 1 qt. vinegar.

$\frac{1}{2}$ cup sugar		1 tbsp. tumeric
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Mix and cook from  $\frac{3}{4}$  to 1 hour.

Mrs. Hector Whart, Portage la Prairie.

## LARGE CUCUMBER PICKLES

1 doz. cucumbers. Peel and cut round, or if you think the seeds too large cut in strips and take the seeds out.

$\frac{1}{2}$  doz. onions, cut round.

$\frac{1}{2}$  cup salt sprinkled over them. Let stand over night.

In the morning drain.

## DRESSING:

2 cups vinegar		1 tsp. ginger
1 tsp. celery seed		1 tsp. black pepper
1 tsp. tumeric powder		1 cup granulated sugar

Let vinegar and spices come to a boil.

Put in cucumbers and let scald

Mrs. G. F. Thomson, Portage la Prairie.



### TOMATO PICKLE

3 cans tomatoes  
12 large apples

6 medium onions

Cook apples well separate, also tomatoes. Add together, then add about 2 cups brown sugar or to your taste.

Spices, mace, cinnamon, cloves, red pepper, and salt to taste, after it cooks down about half add vinegar and cook a while longer.

Mrs. Albert Nesbitt.

### OLD-FASHIONED TOMATO PICKLE

1 gallon tomatoes  
12 large onions  
1 tsp. cloves  
1 tsp. cinnamon  
1 tsp. allspice

1 large spoon of B. pepper  
 $\frac{1}{2}$  cup salt  
4 cups sugar  
1 quart vinegar

Cook all together.

Annie C. Ferguson

### RHUBARB SAUCE

7 lbs. rhubarb  
4 lbs. sugar  
1 cup vinegar  
2 tsp. cloves

1 tsp. cassia  
4 onions  
Boil slowly to a mush.

Mrs. W. Popple

### GREEN TOMATO PICKLE

Peel small green tomatoes, about 60. Scald in weak brine until easily pierced with a fork, but be careful not to have them soft.

Prepare a pickle of 2 cups brown sugar and 1 cup of white vinegar. Stick 2 cloves in each tomato, pack in sealers, pour pickle over and seal at once.

Mrs. R. McCuaig

**TOMATO RELISH (NOT COOKED)**

One gallon ripe tomatoes chopped, and drain overnight, 1 cup chopped celery, 2 large onions and 1 pepper cut finely,  $1\frac{1}{2}$  cups white sugar, 1 oz. white mustard seed, 1 pint vinegar. Put in sealers without cooking.

**INDIAN SAUCE**

Pare and core 12 large apples, 12 large ripe tomatoes, 1 qt. vinegar. Then boil and add  $\frac{1}{2}$  cup salt, 3 cups brown sugar, 1 tsp. each of mustard, ginger, cinnamon and pepper.  $\frac{1}{2}$  tsp. cloves, 1 cayenne pepper. Boil well together  $1\frac{1}{2}$  hours.

**PICKLE FOR PEARS OR PEACHES**

One qt. vinegar, 3 lbs. brown sugar,  $\frac{3}{4}$  oz. stick cinnamon,  $\frac{3}{4}$  oz. whole cloves. Cook fruit until soft, a few pieces at a time, then put in crock and pour liquid over all. Keep tightly covered.

**CHILI SAUCE**

35 large ripe tomatoes, peeled and sliced		8 large onions, sliced
--	--	------------------------

Put tomatoes and onions through the chopper.

4 cups vinegar		16 tbsp. white sugar
3 tbsp. salt		$\frac{1}{2}$ tbsp. cayenne pepper
2 tbsp. cassia		

Boil three hours.

Mrs. G. E. Tackaberry, Brandon, Man.

**GOVERNOR SAUCE**

Slice 1 pail of green tomatoes in layers, sprinkle each layer with salt using about 1 cup. Drain in the morning and wash with cold water. **ADD:**

12 onions		8 mellow apples minced
1 tsp. allspice		1 tsp. cinnamon
1 tsp. cloves		1 tsp. black pepper
2 lbs. brown sugar		

Half vinegar and half water to cover.

Boil about 2 hours or until done. Bottle.

Mrs. Jas. McKelvey, Homefield, U.F.W.M.

PICKLE FOR BEEF

Three gallons water, 12 lbs. salt, 5 lbs. brown sugar  $\frac{1}{4}$  lb. saltpetre, 1 oz. purlash. Boil. Skim off. When cold put in beef and cover. Skim off once in a while.

CHOW CHOW PICKLES

1 qt. onions, chopped	3 green peppers
1 qt. cucumbers, chopped	1 qt. onions, whole
1 qt. cauliflower, chopped	1 qt. cucumbers, whole
1 head celery, chopped or celery seed	1 qt. cauliflower, whole

Set each separately over night in brine, except celery and peppers. Drain in morning and put on stove with  $\frac{1}{2}$  gal. vinegar, 3 cups white sugar, 5c worth white mustard seed, let come to a boil. Make a paste of  $\frac{1}{2}$  cup flour, 3 tbsp. mustard,  $\frac{1}{2}$  oz. tumeric,  $\frac{1}{2}$  oz. curry powder. Stir slowly, let boil a few minutes and seal.

Mrs. Roy A. Yont, Millwood, Man.

ENGLISH MINT CHUTNEY

$\frac{1}{2}$ lb. ripe tomatoes	3 tsp. mustard
$\frac{1}{2}$ cup mint leaves	2 sweet peppers
1 lb. sour apples	3 cups vinegar
1 $\frac{1}{2}$ cups large raisins	6 onions
1 red pepper (seeds removed)	2 cups sugar
	2 tsp. salt

Chop tomatoes, apples, onions, peppers, raisins and mint. Scald vinegar, add sugar and seasonings, let cool; when cool, add chopped ingredients; mix thoroughly, seal cold in cool sterilized jars. Allow to stand 10 days before using.

CHOPPED CABBAGE & BEET PICKLE

1 quart boiled beets	1 quart raw cabbage
1 teacup horse radish	

Put above three through the chopper, and add:

- 1 tbsp. salt
  - 1 tbsp. white pepper
  - 2 cups white or brown sugar
- Cover with boiled vinegar.

Mrs. G. E. Tackaberry, Brandon, Man.

*Keep your Kitchen bright and  
sanitary by using:-*

**MARTIN-SENOUR**

---

**100% Pure Products**

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*PAINTS  
ENAMELS  
VARNISHES  
LACQUERS  
ETC.*

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Every Product bearing the MARTIN-  
SENOUR label is *guaranteed* to be  
of the highest possible quality.

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DISTRIBUTORS

**THE WINNIPEG PAINT & GLASS**

Notre Dame Ave. **CO. LTD.** WINNIPEG

1 doz. ripe tomatoes	1 tbsp. mustard
1 doz. onions	$\frac{1}{2}$ tsp. tumeric
1 doz. apples	$\frac{1}{2}$ tsp. cayenne
1 pint vinegar	1 tsp. cinnamon
1 lb. white sugar	$\frac{1}{2}$ cup salt (small)

Alice M. McCracken

7 lbs. rhubarb	1 tsp. cloves
3 lbs. brown sugar	1 tsp. cinnamon
2 cups vinegar	1 tsp. allspice
1 tsp. salt	Onions if liked

## Margaret McKee

1 qt. vinegar	1 tbsp. mustard seed
3 lbs brown sugar	1 pkg. mixed pickling spices

**Mrs. G. S. Scarrow**

## 1 doz. cucumbers | 1 doz. onions

1 lb. brown sugar	1 tsp. celery seed
2 tbsps. mustard	Pinch of cayenne
1/2 cup flour	1 quart vinegar

**J. N. McDonald**



## *William Penn Oil is~*

- An oil of highest lubricating efficiency.
- An oil of sufficient body and heat test.
- An oil manufactured in six different distinct bodies.
- An oil that will not break down or thin out.
- An oil that goes farther per gallon.
- An oil that can be purchased anywhere in Western Canada at prices that are fair, quality considered.

## **North Star Oil Limited**

**Over 300 stations  
in Western Canada**

RHUBARB PICKLE

2 qts. rhubarb	1 qt. sliced onions
1/2 qt. brown vinegar	4 cups brown sugar
1 tbsp. salt	1 dessert spoon mixed spices
1 tsp. ground cloves	

Mrs. J. W. Breckon, Provencher Dist.

TOMATO CATSUP

2 cups vinegar	2 tbsp. salt
2 large onions	3/4 cup sugar
2 can tomatoes	1 tsp. cassia
1 tsp. ginger	1 tsp. allspice
1 tsp. nutmeg	1 tsp. cloves

Cook two hours, after boiling.

Mrs. J. A. McClelland, Provencher, Dist.

TO CURE MEAT

3 gallons water	6 lbs. salt
2 lbs. white sugar	2 oz. saltpetre

This to 150 lbs. of meat.

Boil and Skim. Make sufficient to cover meat and use a weight to keep under brine. Rub salt into any spots showing blood and drain. Meat that has been frozen will keep in above preparation if thoroughly thawed out to centre.

Mrs. A Tooth, Past President U.F.W.M.

Table Weights and Measures

1 quart sifted flour	1 lb.
1 pint granulated sugar	1 lb.
2 cups butter packed	1 lb.
10 eggs	1 lb.
5 cups flour	1 lb.
1 generous pint of liquid	1 lb.
2 cups granulated sugar	1 lb.
2 heaping cups powdered sugar	1 lb.
1 pint of finely chopped meat, packed	1 lb.
The cup used in the common kitchen hold 1/2 a pint.	

# JAY BEE MILL

*Combination Pulverizer, Grinder, Crusher  
and Cutter*

## CONVERTS

All Kinds Grain, Hay and Straw into Feeds  
which can be uniformly mixed into a balanced  
ration.....The Ideal Food for Horses, Cattle,  
Sheep, Swine, and Poultry.

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## CANDY RECIPES

"Lo as at English feasts so do we keep  
The daintiest last, to make the end more sweet."

Richard II.

### MAPLE CREAM

3 cups brown sugar		$\frac{2}{3}$ cup milk
2 tbsp. butter		$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ tsp. vanilla		

Method of making is same as fudge.

K. H. Bancroft, Winnipeg, Man.

### KISSES

Take the whites of 3 eggs well beaten, then stir in a cup of white sugar. Put on stove in a steamer or over water until light. Remove from stove and add 1 tbsp. cornstarch, 1 tbsp. vanilla,  $\frac{1}{2}$  lb. cocoanut. Put on greased paper or tin. Bake until brown. Icing sugar may be used.

### CHOCOLATE WALNUT FUDGE

3 cups sugar		1 cup milk
3 tbsp. cocoa		1 tbsp. butter
1 tbsp. marshmallow		1 cup walnut meats
$\frac{1}{2}$ tsp. vanilla		

Put the sugar, milk, chocolate and butter into a saucepan and boil until soft ball stage. After removing from fire add the marshmallow, and beat it until it begins to stiffen. Then add the walnut meats and vanilla. Put in a pan to cool.

### CREAM WALNUTS

Dissolve 1 lb. powdered sugar in a  $\frac{1}{2}$  a cup of water; boil 5 minutes and cool slowly, keeping constantly stirred. Flavor when cold. If not stiff enough to handle, work in a little more sugar. Roll into small balls, press  $\frac{1}{2}$  an English walnut on each side and drop into granulated sugar.

### SCHOOL GIRLS' SPECIAL

Mash 1 potato (very hot) add a pinch of salt, a little flavoring and as much powdered sugar as can be worked in. Cocanut, chocolate or chopped nut meats may be worked in with the sugar. Roll in long rolls about an inch in diameter, let stand half an hour to dry. Then slice. It may be packed in a shallow pan and cut in slices.

### PEANUT BRITTLE

Take equal parts of shelled roasted peanuts and sugar. Remove the redskins from peanuts. Scatter evenly over a lightly buttered pan or platter. Leave in a warm place while the candy is being made. Melt the sugar in the frying pan without water, stirring it constantly to avoid burning. It will form a ball before it melts. When the ball melts and the syrup is just turning a golden brown turn it over on the nuts. As soon as the candy is cold it is ready to eat.

Alice Murray, Stonewall, Man.

### RILEY'S TOFFEE

5 tbsp. Lily White Syrup		1 tin condensed milk
1/2 lb. butter		3 cups brown sugar

Stir for half an hour after it starts to boil. Then pour into pans.

Mrs. J. H. Sibbald, Winnipeg, Man.

### FUDGE

1 cup white sugar		1 cup brown sugar
1/4 cup syrup		2 cups milk
1/2 cup melted butter		

2 1/2 minutes, then add 2 tsp. cocoa. Boil 5 minutes longer, then take from stove and add 1 tsp. vanilla. Beat until creamy, then pour in buttered pan and mark in squares.

K. H. Bancroft, Winnipeg, Man.

### SEA FOAM

Two cups brown sugar, scant cup hot water, white of 1 egg. Boil sugar and water until it drops from a spoon. Beat white of egg stiff. Pour in syrup while being well beaten. Add teaspoon of vanilla. Beat till cool.

Norma Murray, Neepawa, Man.

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**MAPLE FUDGE**

3 cups granulated sugar		1/2 cup maple syrup
1/2 cup sweet cream		

Mix well and place on stove and boil until it forms a soft ball (when tried in cold water). Take from stove and add one tsp. vanilla and beat until it begins to thicken, but not too much. Turn into well buttered tin and mark in squares.

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**BUTTERSCOTCH**

2 cups sugar	2 tbsp. butter	2 tbsp. water
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Boil without stirring until brittle, when tested in cold water. Pour into buttered plates to cool.

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**PEANUT BUTTER FUDGE**

2 cups white sugar	3/4 cup milk	2 tbsp. cocoa
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Boil until it forms a soft ball, when dropped in cold water. Remove from fire and add 1 tbsp. butter; 3 tbsp. peanut butter, and 1 tsp. vanilla. Beat very hard until it is creamy. Pour on buttered dish.

Mrs. Dick Empson, Provencher Dist.

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**MARSHMALLOWS**

1 envelope Knox's Gelatine		1 1/4 cups water
2 cups white sugar		Pinch salt.
1 tsp. vanilla		

Soak gelatine in half of water for 5 minutes. Boil sugar, salt and rest of water until mixture will form a thread when dropped in cold water. Add gelatine and vanilla to mixture and let cool.

Beat until mixture becomes thick and white. Pour into greased pan and cover with powdered sugar.

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**DIVINITY FUDGE**

2 cups white sugar		1/4 cup water
1/2 cup corn-syrup		2 egg whites
Vanilla		

Boil sugar, water and syrup until mixture forms a hard taffy when dropped into cold water. Pour mixture slowly over the beaten whites of eggs. Add vanilla, nuts, etc. When mixture begins to thicken pour on to wet plate and mark in squares. Let cool slowly.

## FUDGE

One cup white sugar, 1 cup brown sugar,  $\frac{1}{4}$  cup syrup  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{4}$  cup melted butter. Boil  $2\frac{1}{2}$  minutes, then add 2 tsp. cocoa. Boil 5 minutes longer, then take from stove and add 1 tsp. vanilla. Beat till creamy. Pour into buttered pan and mark in squares.

*Geo. Whitman*

## DIVINITY FUDGE

2 cups white sugar  
 $\frac{1}{2}$  cup hot water

1 cup Lily White syrup

Boil together until it forms a brittle ball, when dropped in cold water, stir into the well beaten whites of 2 eggs, flavor to taste.

Maud McClelland, Provencher Dist.

## FUDGE

1 cup white sugar  
1 tbsp. butter  
 $\frac{3}{4}$  cup milk

1 cup brown sugar  
3 tsp. cocoa  
1 tsp. vanilla

## PEANUT BRITTLE

2 cups white sugar

3 cups shelled peanuts

Melt sugar, place peanuts in buttered dish and pour melted sugar over them.

## WEDDING ANNIVERSARIES

First year .....	Paper	Fifteenth year .....	Crystal
Second year .....	Cotton	Twentieth year .....	China
Third year .....	Leather	Twenty-fifth year .....	Silver
Fifth year .....	Wooden	Thirtieth year .....	Pearl
Tenth year .....	Tin	Fortieth year .....	Ruby
Twelfth year .....	Silk or Linen	Fiftieth year .....	Golden
Seventy-fifth Year .....			Diamond

To make whites of eggs beat up quickly, add a pinch of salt.

# U. F. W. M. COOK BOOK

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